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SPECIAL FEATURE: WHAT COOKING DOES TO FOOD

Get Fresh!

For people passionate about pure food, health and living life to the full

**Healthy eating
on a budget**

**The top 10
substances
that destroy
health**

**Beauty and
the bowel**

Lillian Müller

"How I look this good at 57"

**Spring
2009**
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ALSO IN THIS ISSUE BALANCE YOUR HORMONES ➤ WHY ORGANIC? ➤ THE REAL DETOX MYTH



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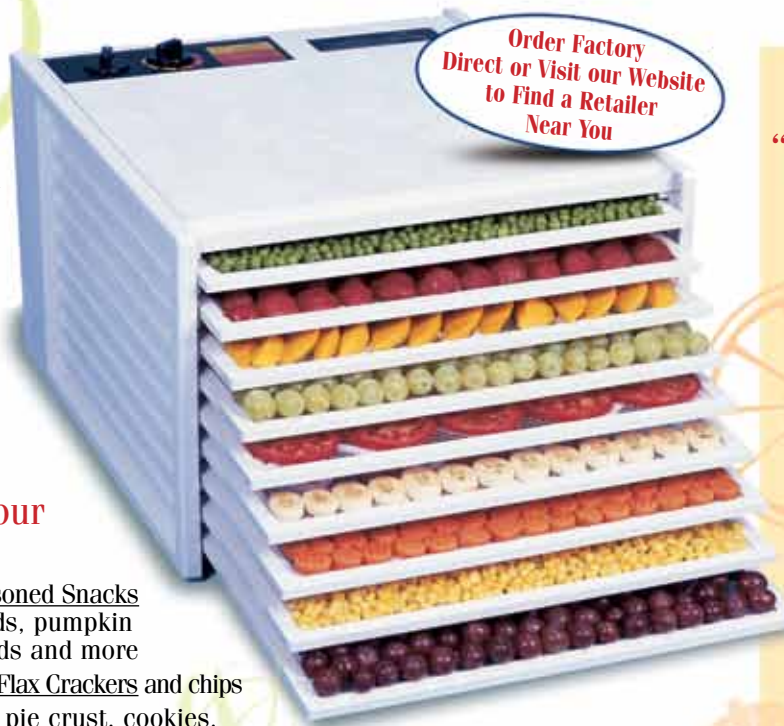
What You Can Use Your Excalibur Dehydrator for:

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- Create Pizza Crusts, pie crust, cookies, cakes and more!
- Speed Up Marinating of vegetables
- Thicken Sauces
- Warm Food to above body temperature
- Slow "bake" sprouted breads
- Soften Coconut oil gently

"As far as I am concerned, there is only one dehydrator -- the Excalibur. We use it exclusively at all our Living Light Culinary Arts Institute trainings and Healthy Lifestyle Celebrations. I trust the integrity of my Excalibur dehydrators and I know I will get the results I need! Thank you Excalibur for creating such a quality product!"

CHERIE SORIA is the founder and director of the Living Light Culinary Arts Institute where she instructs and certifies raw food chefs throughout the world. Author of *Angel Foods: Healthy Recipes for Heavenly Bodies*.

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www.Drying123.com

Chef Steph's Featured Recipe "Raw" Mexican Wild Rice



- 1/2 C Wild Rice
- 3 Cups Purified Water

Place rice and water into a jar. Take out all the trays in your Excalibur Dehydrator, set the sealed jar into the Dehydrator, and place the door. Warm at 105 degrees for 24 hours. Drain Well.

In a blender, process:

- 3 T dehydrated tomato power
- 1/2 T Lemon juice
- 1/2 T Tamari
- 1/4 T Olive Oil
- 1/4 tsp Flax Oil
- 3/4 tsp Mexican chili power
- 1/4 tsp ground cumin
- 1/4 T sea salt
- 1/2 clove of garlic, crushed

Add in

- 1 green onion, finely chopped
- 1 C diced Roma tomato
- 1/4 C chopped cilantro, plus additional for garnish

In a large bowl, toss the rice with tomato paste mix and add-ins. Mix well.

Store in airtight container for up to 4 days.



More recipes available online at www.drying123.com or for dehydration questions e-mail Chef Steph at ChefSteph@drying123.com

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Welcome

I decided a little while ago that “stress” would be the topic of this editorial: why it’s so bad, the fact a healthy diet doesn’t mean we can get away with it, etc etc. But with a to-do list for the day that’s only half done at 7:30pm, as I sit down to write about stress I am also experiencing it first hand! Again... It’s not what I planned, but despite our best intentions, stress has a way of creeping in uninvited.

I chose stress as the subject to write about here because references to stress, and the massive influence of mind and emotions on health, are peppered throughout this issue. From some of the world’s leading experts on holistic health and vibrant living the message is clear: pay as much attention to what you’re feeling and thinking as you do to what you’re eating and drinking.

In his article about the rising incidence of hormone-related health problems, on page 57, Dale Pinnock lists stress as one of two major causes. Elaine Bruce, in her article about why we all need to detox (page 62), reminds us that negative emotions are a source of toxicity in the body, and that the effect of the chemicals the body produces in response to them is “literally self-poisoning”.

Starting on page 42, leading cancer expert Thomas Lodi, M.D. shares his knowledge about preventing and healing this disease. He has helped many cancer patients regain their health, including those with seemingly hopeless prognoses. I asked him about the difference between those with “terminal” diagnoses who heal their cancer and those who sadly do not. The answer: their attitude towards taking responsibility for their health, and the amount of loving support they have from friends and family.

Finally, our cover model Lillian Muller (her interview starts on page 20) is a walking advert for the raw lifestyle and swears by its healing and rejuvenative powers. Nonetheless, she is a firm believer that mindset is even more important than diet – so much so that she spent a lot more time talking about *that* during our interview.

So I am now going to heed the advice of these experts, switch off the computer, and wind down with a bath, a book and some scented candles.

Until next time,

Sarah

Sarah Best
Editor

The insider secrets to success on a living foods diet

With Drs Brian and Anna Maria Clement

At this information-packed event you will:

- hear two of the world's leading experts on the living foods diet and lifestyle share their top strategies for success. There will also be ample time for questions.
- spend a day among like-minded people.
- be able to buy many products from The Fresh Network's online store at amazing discounts of up to **20%**.



Brian and Anna Maria Clement are co-directors of the Hippocrates Health Institute in Florida – the complementary healing centre that was voted 'no 1 medical spa in the world' by the prestigious *Spa Magazine*.

BOOK NOW!

Saturday, June 27

11:30am to 3:30pm

Friends House

173-177 Euston Road, London NW1 2BJ

(Opposite Euston's rail and tube stations)

Doors open at 10.30am and close at 5pm

Tickets at £17.00 each

Early bird discount: Order before March 31 and pay just £14

Buy your ticket

Online: **www.fresh-network.com**

By phone: +44 (0)845 833 7017

Bookings are non-refundable but can be transferred to a third party upon request.

After a sold-out event in December, we are excited to welcome back the world-renowned experts from the Hippocrates Health Institute in Florida. Both Brian and Anna Maria have spent the past three decades conducting ground-breaking research into nutrition and health, ensuring that what they share is always right at the cutting edge. This event is a rare opportunity to hear them speak in the UK.

Those of you who have heard Brian and Anna Maria speak before will know that their knowledge and passion for this subject know no bounds. This is what makes them two of the most sought-after speakers in the fields of optimum nutrition and holistic health today.

And like all of our events this one will be a fabulous opportunity to meet lovely people just like you and also to take advantage of some very special offers in the Fresh Network store.

The agenda for the day

Doors open at 10:30 - get there for then and you'll have an hour before the start of the lecture to browse, shop, buy a raw brunch, meet old friends and/or make new ones.

Lecture from 11:30-3:30 - with a lunch break in the middle. Fresh gourmet raw salads and other raw options will be available to purchase.

Venue open until 5pm - giving you more time after the lecture to shop, eat and mingle at a leisurely pace.

Order NOW to secure your place at this unique event.



thefreshnetwork



Meet our contributors

Elaine Bruce lives in Ludlow, Shropshire, where she runs the UK Centre for Living Foods. In this issue, she provides a guide to the subject of detox and explains why periods of detoxification are essential for all of us, no matter how healthy our lifestyles.

➤ **Could you share your top stress-busting tips with our readers?**

Get your B vitamins to keep your nervous system in shape. In particular, you might need a B12 boost. And take time out to sit and enjoy eating.



➤ **We need a lot less sleep when we eat an optimal raw diet: agree or disagree?**

Emphatically disagree. That feeling of "can do everything" and waking early is often down to toxins in the bloodstream! When you are certain you've passed this phase, you will still need your sleep to rebuild after being superman/woman all day.

➤ **How many hours of sleep do you need each night to be at your best?**

Eight hours most of the year. A bit less in high summer.

We welcome **Jennifer Wright-Kleinberg** to the magazine for the first time. Jennifer writes about the benefits of a high-raw diet during pregnancy. She lives in Santa Cruz, California with her husband and their three young daughters.

➤ **Could you share your top stress-busting tips with our readers?**

Regular high-intensity, low-impact exercise such as Bikram Yoga, fast cardio or slow very focused weight training will build muscle strength, relieve stress and get your blood and energy flowing in a positive direction. Other things I do to manage stress are juice fasting, chiropractic adjustments and meditation.



➤ **We need a lot less sleep when we eat an optimal raw diet: agree or disagree?**

A raw vegan diet requires the least amount of energy from your body for digestion, elimination and repair and so less sleep is required for regeneration.

➤ **How many hours of sleep do you need each night to be at your best?**

Personally, I listen to my body. The amount of sleep one needs varies due to stress levels, light exposure, diet, exercise and many other factors.

Dale Pinnock, a medical herbalist and nutritionist, has been following a high-raw diet for 12 years. He lives in St Neots, Cambridgeshire, where he runs the Natural Solutions Clinic. In this issue he explores the reasons behind the increasing incidence of hormone-related health problems.

➤ **Could you share your top stress-busting tips with our readers?**

I find long walks to be the best for me. Being a herbalist, they always come into the equation. Skullcap is just the best medicine in the world for me, and is like meditation in a bottle when I'm all of a fluster. I also make sure I consume a lot of B vitamins, to support my adrenals and help prevent them getting burned out.



➤ **We need a lot less sleep when we eat an optimal raw diet: agree or disagree?**

Never buy into the idea of absolute truths. I can say with certainty that people will feel more energized, but their sleep requirements will be relative to the rest of their lifestyle choices and activity levels. Always listen to your body. If you need to sleep, you need to sleep!

➤ **How many hours of sleep do you need each night to be at your best?**

I'm good when I get in the region of six to eight hours. I find with raw that I can stay up later, but I'm so hyperactive sometimes that I still need that same amount of sleep to recover afterwards.

Get Fresh!

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SEE PAGE 7 FOR DETAILS OF
OUR SPECIAL OFFERS AND GIFTS.

The **Get Fresh!** Philosophy

Get Fresh! is the international voice of the raw food movement, featuring viewpoints, teaching and philosophies from some of the most prominent natural health authorities in the world, and real life stories and interviews with those living a raw and living foods lifestyle. Its aim is to educate, motivate and inspire, while retaining a rational and realistic worldview.

The **Get Fresh!** philosophy, while focusing on diet, acknowledges that true health is about much more than food. It encourages each reader to seek, learn and discover what works best for them as an individual, on all levels – mind, body, spirit and emotions. If you're interested in including more raw foods in your diet, having more energy, living more consciously, or are already living the lifestyle, **Get Fresh!** is for you!

Disclaimer

All recommendations featured in **Get Fresh!** magazine are for information purposes only and not intended to replace appropriate care from a qualified practitioner.

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WHAT'S NEW?



It's juice...in a bar

Gone are the days when an "energy bar" had to mean a largely nutrient-devoid mixture of cooked grains, nuts and seeds laced with refined sugar. Thankfully, it is now possible to find energy bars which live up to the name, because they contain quality raw ingredients. But "Juice Master" Jason Vale has come up with the latest and greatest in the energy bar innovation stakes, by putting juice in a bar.

These 68g bars are made with a base of raw dates and raw almond butter and turbo-powered with alfalfa juice, dandelion juice, kamut grass juice, barley grass juice, oat grass juice, broccoli juice, spinach juice, kale juice and parsley juice. Other ingredients are barley grass, wheatgrass, nettle leaf, shavegrass, burdock root, carob pod, ginger root, Nopal cactus, amla berries and a blend of algae, aquatic vegetables and digestive enzymes.

It's no wonder this nutrient-dense bar is a deep shade of green. All this goodness makes it the perfect snack for keeping blood sugar and energy levels stable when you're on the go. Those who enjoy eating green foods will love this bar – those who don't can wait for the fruit version, which is in development at the time of going to press! The Veggie variety is now available at £1.59 from fresh-network.com.

Feed your skin

Isle of Skye based company Live Native has expanded its range of raw, vegan, organic skincare products with the addition of a cleanser and toner.

The Essential Earth Exfoliating Cleanser is a re-mineralizing, moisturising and deeply nourishing facial cleanser. Moroccan rhassoul clay extricates dirt and oil from deep within the pores, organic oats provide for superior exfoliating, Hebridean kelp replenishes essential minerals, and anti-inflammatory MSM helps build vital collagen.

The Essential Mist Toner has been formulated to hydrate and rebalance the surface texture of dry, tired and aging skin and improve the lipid structure of living cells. The base is fragrant rose oil, made even more irresistible with a hint of frangipani and sandalwood essential oils. This toner also contains acerola cherry, with its powerful antioxidant properties, for protection against the elements.

The Live Native range was created by Vicky Ewbank and Ian Ryder (pictured) and heat-free raw blending ensures that naturally occurring enzymes, phytonutrients, antioxidants, essential fatty acids and bio-active plant phytochemicals remain intact. These products are so new they haven't been officially launched yet, but they are available at live-native.co.uk.



Raw olives, five ways

Olives do not just make a moreish snack that's perfect to put out when you have friends round, and a fab addition to salads and savoury dishes of all kinds. They're also a nutritional powerhouse, loaded with minerals, especially calcium and magnesium, antioxidants and omega 3 and 6 essential fatty acids. But that's only true as long as they're raw, and raw olives are tricky to find. Unless it specifies on the jar that they are raw, chances are they were cooked during processing. It is especially hard to find marinated raw olives, but we've just discovered the Olives Et Al range which sells them in five great varieties.

Choose from Classic (a spicy assortment of Sicilian olive varieties with garlic, bay leaves and cracked black pepper), Verde (green olives marinated in lemon-infused olive oil flavoured with coriander and garlic), Sunshine (mixed olives marinated in rosemary-infused olive oil with garlic and sun-dried tomatoes), Pistou (green olives with fresh basil and garlic) and Moorish (Kalamata olives with cumin, coriander and cardamom). All five varieties are available at fresh-network.com at £4 per 260g jar.



Are you planning to open your very own raw food restaurant or retail store but need an Interior Designer to help attract clients into your venue?

Are you looking to introduce raw food into your existing restaurant but don't know where to start?

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Are you on a raw diet but find your kitchen doesn't work with your lifestyle?

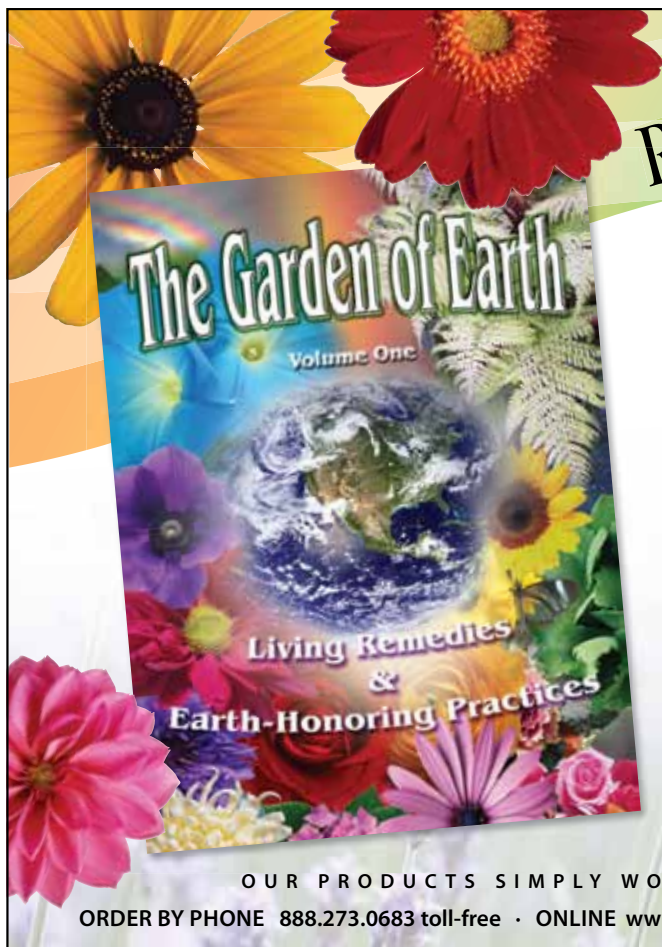
You want to know how to adapt your kitchen to make raw food work for you?

YOUR DIET | YOUR KITCHEN | YOUR WAY

I offer a **World First** Interior Design service especially designed for a **raw food lifestyle** in the home, that reflects your requirements and taste, as well as creating an inspirational workspace in the kitchen

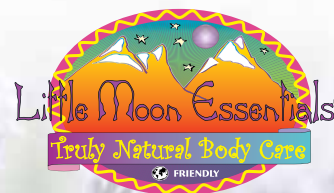


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WHAT'S NEW?

Quotes of the quarter

"Do they honestly think this campaign is going to make the nation "Change 4 Life"? I would be surprised if it makes anyone Change 4 A Minute."

Jason Vale bemoans the UK government's wasting of £75 million of taxpayers' money on page 16.

"You may have thought you had your argument so honed you couldn't imagine how they *wouldn't* react to it with, 'Oh really? Cool. Hang on, I'll just empty out my freezer and take a trip to the fruit and veg shop!'"

Pete Vincent cautions against raw evangelism on page 18.

"When I turned 30 I felt great about it, when I turned 40 I felt even better, when I turned 50 I celebrated. And 60? That's a few years away and I can't wait to dream up wild, crazy things to do to celebrate that."

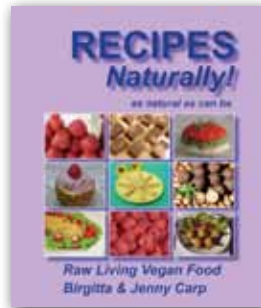
Lillian Muller tells us why she's having the time of her life at 57, starting on page 20.

"Strive for a soft, smooth, snake-like stool between one and two feet long. If you think that is impossibly long, you're in for a big surprise when you stick to a raw foods lifestyle. One amusing aside: When I shared this fact with one raw food enthusiast, she looked concerned and asked, "Will I need a bigger toilet?" Fret not, friends – your old standard "throne" will do."

Tonya Zavasta details the ideal bowel movement in her feature on beauty and the bowel that starts on page 36.

"When oncologists are surveyed anonymously, 70-80% admit they would not do the treatments they prescribe on themselves or their families. We've had oncologists send their spouses to us, when they are giving regular chemotherapy to their patients. I think that's bordering on mercenary. It's no longer just ignorance or negligence."

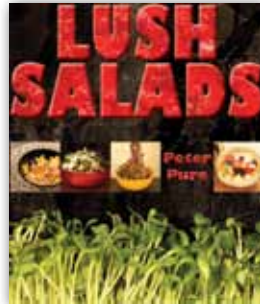
Thomas Lodi, M.D., tells the truth about conventional cancer treatment, starting on page 42.



Recipes Naturally!

By Birgitta and Jenny Carp, £15.00

This book lives up to its name, since it doesn't feature common "refined" and/or non-raw ingredients such as oil, tamari or agave nectar. In this book, the undisputed stars of the show are raw fruits and vegetables, though nuts, seeds and dried fruit also feature. At just over 100 pages, with around 120 recipes, this is a great little book for all the raw purists out there. To order, email recipesnaturally@gmail.com.



Lush Salads

By Peter Pure, £19.99

If there has been a better book devoted solely to the subject of raw salads, we haven't seen it. This 250-pager is divided into eight geographical sections – Northern Europe, Mediterranean, Morocco, Middle East, India, Thailand, Japan and China – each boasting a selection of innovative recipes, every one illustrated with an enticing-looking photograph. The book also features a section on fruit salads, as well as sections on dressings, dips and designing your own salads. Order from lushsalads.co.uk.

Raw restaurant revolution

Late last year, *Get Fresh!* writer Charlie Wilson opened the Help Yourself whole foods restaurant and juice bar in Key West, Florida (pictured below right). It serves a selection of juices, smoothies, power breakfasts, soups, mains (with several raw options), and a huge choice of salad options. Everything is made from scratch, and all choices are free of dairy and refined sugar.

Many harbour dreams of opening such an establishment, and more and more are now turning those dreams into a reality. In a feature starting on page 50, Charlie writes about the link between nutrition and manifesting your goals, and about how she applied this to fulfilling her vision of opening a restaurant.

Help Yourself, 829 Fleming Street, Key West, Florida 33040. Tel (001) 305 296 7766. helpyourselffoods.com.



Also in this issue

starting on page 66, Alissa Cohen reveals that she opened her raw restaurant Grezzo in Boston's North End because she believes there is no more powerful way to influence people to eat raw than to offer them raw choices that are as appealing as the foods they're used to eating. We applaud Alissa, Charlie, and all who are making it possible for eating out to mean eating healthily.

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EVENTS

Learn, be inspired, shop, eat, have fun with like-minded people.

All details are correct at time of going to press but may be subject to change so please check direct with the organizers. Please note that all of these events carry an admission charge – however this can vary according to age, circumstances and time of booking, so again we recommend checking with the organizers.

Saturday 28 March

An Introduction to Raw Food

Buckfastleigh, Devon

A fun, inspiring and informative raw food demonstration afternoon. For beginners or those of you who want some great raw inspiration, come and learn how to make delicious, easy raw recipes and have your raw questions answered. Develop confidence, meet others and be inspired on your raw journey. 2pm-6pm, £40. For more information, email saskia@rawfreedom.co.uk, telephone 0117 902 9398 or visit rawfreedom.co.uk.

First week of April

Steve Meyerowitz, aka "The Sproutman"

London

Steve is the author of *Juice Fasting & Detoxification*, *Wheatgrass: Nature's Finest Medicine*, *Sproutman's Kitchen Garden Cookbook* and others. He will be speaking in the UK during the first week of April – not to be missed! Details not available at the time of going to press, but will be posted at jillswyers.com as they become available, in the "Diary/Calendar" section.

Starting from April

Raw Freedom 12 Week Detox

Would you like to feel fantastic, gorgeous and confidentially Raw by the Summer?

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Monday 13 to Friday 17 April

Karen Knowler's Raw Online Business Training Program

Near Cambridge, England

Would you like to build or evolve an internet-based business helping people go raw or stay raw in some way? If you feel raw food may be part of your life's work then this one-of-a-kind course will give you all the tools you need to create, build and maintain a life-changing, thriving online-based business. This course starts with a 5 day live business creation retreat and is followed up by 6 months of business building coaching to get your business off the ground quickly and professionally. Limited places available - only 8 people per training. More info at RawBusinessTraining.com.

Saturday 18 April

The Incredible Veggie Show

London

Organized by animal rights group Viva (Vegetarians' International Voice for Animals) this event will offer free food samples and nutritional advice, food demos, talks by leading health experts and around 100 stalls selling vegetarian and vegan products. For further information see advert on previous page.

Sunday 10 May to Saturday 16 May

Wildquest: The Human-Dolphin Connection

Bimini, Bahamas

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Saturday 30 May and Sunday 31 May

Bristol Vegan Fayre

Central Bristol

The biggest vegan event in the UK offers entertainment, education, inspiration and excellent shopping opportunities. Visit bristolveganfayre.co.uk or contact organisers Yaoh for more information: 0117 9239053 or info@yaoh.co.uk.

Friday June 5 to Sunday June 7

The Fourth Annual Raw Spirit Festival

Santa Barbara, California

The world's largest raw vegan gathering, last year's event featured the biggest and best selection of vendors at any raw food festival ever, and lectures by many of the world's leading authorities on raw foods and holistic health. Highlights of this year's event will include top speakers, world-class music, food demos, a raw restaurant food court and a children's programme. Raw Spirit Festivals will also be held in Washington D.C. on Saturday 29 August and Sunday 30 August and in Prescott, Arizona on Saturday 26 September and Sunday 27 September. See rawspirit.com for more details.

Sunday 14 June to Saturday 20 June

UK Centre for Living Foods: Summer Detox

Ludlow, Shropshire

For more information see livingfoods.co.uk or call 01584 875308.

Friday 21 August to Sunday 23 August

The Fifth Annual Vibrant Living Expo

Fort Bragg, California

Will feature presentations from top experts in the world of raw nutrition and cuisine, a selection of pre- and post-Expo classes and workshops, exhibitor booths offering a variety of raw vegan delicacies and products for conscious living and much more. For more information visit RawFoodChef.com.

To enquire about advertising your class, workshop, festival or other event in a future issue of *Get Fresh!*, contact sarah@fresh-network.com

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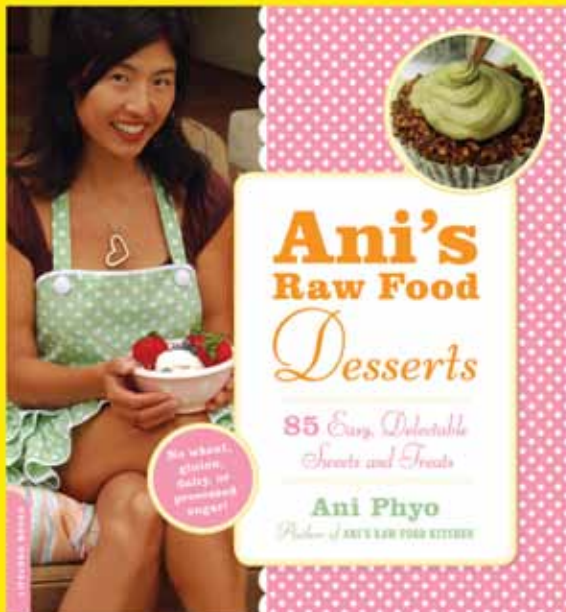
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The screenshot shows the homepage of TheRawFoodDirectory.com. At the top, there's a navigation bar with links like HOME, SEARCH, and ABOUT. Below this is a large search bar with the text "Search Now for Raw food Products and Services". To the right of the search bar are filters for CATEGORY, SUB-CATEGORY, COUNTRY, and STATE or COUNTRY. Below the search bar, there are two main sections: "Advertise With Us" and "About The Raw Food Directory". The "Advertise With Us" section includes a testimonial from a user and a list of services offered. The "About The Raw Food Directory" section describes the site's mission and features. At the bottom, there are links to "Raw Food Direct" and "Raw Food Living".

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The Raw Bar

Jeni Cook visits London's newest raw dining spot.

Daylesford Organic

208-212 Westbourne Grove
Notting Hill
London W11 2RH
Tel: 0207 313 8050
daylesfordorganic.com

Opening hours

The Raw Bar

Monday to Friday
Lunch 12pm to 3 pm;
Dinner 6pm to 10 pm
Saturday Brunch 10am to 5pm
(limited raw menu)
Dinner 7pm to 10pm
(full raw menu)
Sunday Brunch 10am to 3pm
(limited raw menu)

Daylesford Organic

Monday to Saturday 8am to 11pm
Sunday 10am to 4pm

Up until a couple of years ago, Notting Hill, or more specifically Westbourne Grove, was my favourite place to hang out. On any given Friday or Saturday I could be found in the fab health store there, either by myself food shopping or meeting a girlfriend for lunch.

Like a little village with trendy shops and even trendier people it was always buzzing, and the hub of that little community was the health food store. Unfortunately all that changed with the closing down of that store. Overnight, Westbourne Grove practically became a ghost town and for the next couple of years I rarely ventured up there except to see what might replace the empty space that once was "Fresh & Wild". In my mind nothing could come close and it would never be the same again.

I'm happy to inform you that all that has changed and there is cause for celebration!

About a month ago I got a call from my girlfriend Tricia suggesting we meet for lunch at Daylesford Organic, which recently opened its doors where Fresh & Wild used to be. I'd received a Christmas hamper from their Gloucestershire farm shop a couple of years ago so I knew this was going to be special. The more so because one of the places to eat instore was promisingly called "The Raw Bar".

Walking into the store is like walking into a country farmers' market with lots of activity to match – it's clear Daylesford has brought the buzz back to this corner of Notting Hill. On the left side is a home store with everything beautifully made by local craftsmen. Wander through to the other half and you find the fresh organic produce which Daylesford prides itself on supplying – all seasonal and grown on its sustainably farmed land in Gloucestershire – plus a wide selection of packaged organic foods.

The Raw Bar is in the basement, but because of the huge skylight that runs through the middle of the store it's surprisingly light. On



the walls are posters of beautiful produce from their farm with quotes about the benefits of raw food – a nice touch. Not all of the food on the raw menu is vegan, but much of it is.

We sit at the bar so we can watch the chefs at work. Robert the Hungarian sushi chef rustles up the best raw vegan sushi I've ever seen or tasted. The cashew and coriander "rice" is layered with delicately julienned carrots, cucumber, radish and peppers, neatly wrapped in nori and served on a slate plate with several equally tasty dips. No matter how many times I come here I will always order this one! We follow this with a selection of raw crackers and a very delicate cashew and mushroom pate, so light it's like whipped cream.

Tricia decided on the Avocado and Pear Salad for her main while I went for the Spicy Pad Thai – spiralized carrots and kohlrabi, shredded red and white cabbage, broccoli sprouts and spring onions, all bathed in a sauce of creamed cashews and chilli, and sprinkled with candied cashews and fresh mint leaves. And at only £7.95, well worth every penny.

It would have been rude not to try the desserts so we decided to order two and share them. We went for the raw chocolate mousse which was nestled on a slick of beetroot coulis and topped with white chocolate ice cream. We also had the apple and olive cake crowned with Brazil nut and lime ice cream. This may sound like a strange combo, but the delicate sweetness of the pureed apple and the salt of the olive tapenade worked really well together, especially with the hit of lime coming through in the ice cream.

Since then, I've returned with several girlfriends, including most recently our very own Sarah Best (editor) and I know she'll be a regular. It's a great place to hang out, the prices are definitely credit crunch friendly and the food is easily as tasty and well presented as any top gourmet raw restaurant I've been to – and I've been to most of them around the world!



Jeni Cook

is a writer, raw food coach and health educator. For more information see rawhealthharmony.co.uk. All photographs of Daylesford Organic and The Raw Bar are by Jeni.

WHAT'S NEW IN LONDON?



Raw chocolate, with a twist...

Head down to Broadway Market to see *this* gorgeous sight, and taste *these* gorgeous delights. Thanks to the addition of ground almonds, this chocolate has a truffle-y, almost marzipan-y texture. Lucuma chocolates come in four varieties, including the innovative – and amazingly good – fennel and ginger. But for us, the hands-down winner in the range was the fudge brownie (pictured left). Order online at lucuma-london.co.uk, or visit Lucuma's stall at Broadway Market in London E8 – directions at broadwaymarket.co.uk.



Raw dining, recession pricing



Dragonfly Wholefoods – a vegetarian café, deli and organic foodhall in Highgate – started offering a 100% organic raw menu nearly a year ago, and they're now offering a special "meal deal" to *Get Fresh!* readers. Mention this magazine and you'll get a raw organic juice, main course and

dessert for just £12.95. Choose from raw quiches, flax crackers and guacomole, pizzas, their kale "power salad", chocolate raspberry cake, cheesecake, flapjacks and many more exciting menu items. Dragonfly Wholefoods, 24 Highgate High Street, London N6 5JG. 0208 347 6087. DragonflyWholefoods.co.uk.

New raw-friendly health store

At the time of going to press we hear that an exciting-sounding new health store has just opened its doors near London Bridge in Southwark. Snowsfields Wellness is owned by raw food fan and naturopath-in-training Marissa-Catherine Carrarini, who says the store is, "a statement against the traditional, over-cluttered health food shop that sells an overwhelming, indiscriminate (and often poor quality) range of products."

The shop is selling a wide selection of raw goodies, including foods, sprouting equipment, books and, of course, *Get Fresh!* magazine. There is also a "Therapeutic Smoothie and Tea Bar" – a beautiful selection of health promoting smoothies, drinks and teas made with specific conditions and lifestyles in mind, "and a reading and rest space. **Snowsfields Wellness, 41 Snowsfields, London SE1 3SU. 0207 407 9910.**

A governmental waste of our money

The UK government's expensive "Change4Life" campaign is doomed to failure, says Jason Vale.



Once again the people in charge of our money have decided, at a time when we are in the midst of possibly the worst financial crisis in UK history, to spend some of it on what I believe to be a "broken pencil" health campaign – *pointless*.

When I say "some" of it, what I actually mean is bucketloads of it: a whopping £75 million to be exact. Yes, the twiddleheads of government have sat around a table at some *bored* meeting and come up with an ingenious campaign to get people fit and healthy.

The campaign is called "Change 4 Life" but another name could have easily been "State The Flipping Obvious". The whole campaign is geared to telling people that if they overeat and don't move, they will get fat and ill.

That's £75 million of our money on a campaign that tells everyone what they clearly already know.

What they may not know is that the campaign, ironically, involves some of the very companies who, many would say, have helped to cause the obesity epidemic: Coca-Cola, Cadbury, Pepsi, Mars and Nestlé. To me, this is like Tony Blair being in charge of peace for the Middle East (oh dear, he is).

Yes, we have the makers of cans of drinks, which contain seven teaspoons of refined sugar apiece, backing a campaign to get people to eat well. If these companies seriously thought this campaign had any chance of working, would they be backing it? It's like Gillette backing a campaign for everyone to start using a hair removal cream – it wouldn't make sense.

Eat Well - Move More - Live Longer

If you live in the UK, you would have to be blind not to have seen the many, many, *many* TV adverts and billboards constantly telling us we should all "Eat Well – Move More – Live Longer". What do they think

will happen when people see the ads?

Do they think a family sitting together watching TV eating fish and chips is going to suddenly stop what they are doing when this advert comes on the TV? Do they think this family will all look at each other knowingly, throw their fish and chips in the bin and decide to go for a jog, while vowing, "From this point on we will eat well, move more and live longer?"

"When I say "some" of our money, what I mean is bucketloads of it: a whopping £75 million to be exact."

Do they honestly think this campaign is going to make the nation "Change 4 Life"? I would be surprised if it makes anyone Change 4 A Minute. Fancy spending £75 million telling people that if they eat well and move more they will probably live longer. Seriously, how thick do they think people are?

No doubt they will have "stats" to show how successful this campaign has been. I don't think it's any coincidence it was launched in January, the time everyone attempts to Change 4 Life anyway.

I am all for people living healthier lives and if the government genuinely wants to help encourage that they can do so in ways which are a great deal more effective than Change 4 Life, especially if they are going to spend £75 million of taxpayers' money.

How many government "health retreats" would that buy? Retreats where morbidly obese patients could be sent to genuinely Change 4 Life. Retreats where, instead of pills and surgery, they could be taught about addiction to food and how to re-programme

their minds for health. Retreats where people would be banned *totally* from having any rubbish food and provided with good-quality whole foods.

It amazes me when I see programmes like "Half Ton Hospital" that the people visiting the morbidly obese patients are allowed to bring them sweets and fast food. I even saw one where a man weighing in at over 400lbs was getting pizza delivered to his bedside.

I cannot say enough that certain foods are as addictive as nicotine. No matter how many times you tell a smoker that "if you stopped you would be better off" it won't stop them smoking. Why? *Because they already know this!* In exactly the same way anyone who is overweight already knows they should eat less and exercise more.

You and I both know the only way to really get to the problem is to bring in very strict legislation to govern the companies that produce processed foods and soft drinks; legislation which will force these companies to massively reduce refined sugar and fats in their food.

We also need legislation to subsidise organic fruit and vegetable production and legislation that will stop Big Food and Big Drink (i.e. the gigantic corporations that control the food and drinks market) making claims about their products which aren't true at all. However, as Big Food and Big Drink have quite a bit of money and influence, the chances of the government making a stand against them are about the only thing that is guaranteed to remain slim. ■



Jason Vale

also known as The Juice Master, is a best-selling author and one of the UK's most sought-after speakers on the subjects of health and nutrition.

For more info see JuiceMaster.com.



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"I've met people who were so passionate about converting others to raw food that they even accosted strangers in the supermarket"

Preaching to the unconverted

It's natural to want your nearest and dearest to feel as good as you do, but rein in your urge to force your dietary views onto them, says Pete Vincent.

Have you ever had a shot at converting loved ones to healthier lifestyles? Most of us who base our diets around pure, raw, plant-based foods and have experienced the amazing results that brings have tried this at one time or another. The urge to evangelize usually strikes early on in the raw journey, and some take it further than just their family and friends.

I've met people who were so passionate about converting others to raw food after they themselves "saw the light" that they even accosted strangers in the supermarket to warn them of the folly of their food selections. You may not have gone to those lengths, but chances are if you've been into raw food for a while, you've had a stab at turning those closest to you onto it.

And in the early days of your raw journey you probably thought that once you told them the facts they'd experience the same "light-bulb" moment you did, thank you profusely for educating them, and join you in exploring the exciting world of raw foods and optimal health. You may have thought you had your argument so honed you couldn't imagine how they *wouldn't* react to it with, "Oh really? Cool. Hang on, I'll just empty out my freezer and take a trip to the fruit and veg shop!"

But, as anyone who has ventured into the paradigm-busting world of raw food knows, this is very rarely what happens. When you attempt to convince someone to change their diet what you usually get is pretty short shrift. Why don't people want this information? What the devil is going on? Why doesn't everyone else just get it like us?

Well firstly it's because this information is flying in the face of everything they "know" to be true. We learn that eating cooked food is "normal" right from the off. Our Mums wouldn't lie to us, would they? Of course not – they were just doing what their knowledge at the time told them was the best for their children. If our parents are the least enthusiastic of all about our new dietary philosophy, that's because they can see it as a criticism of how they raised us. So be sensitive about how you present your choices.

Ideas about food and what we eat are deeply ingrained. The saying that it is harder to change a man's religion than it is to change his diet is no exaggeration. We are emotionally and physically dependent on the foods we eat to an extent we don't realize until we start experimenting with different ways of eating.

In fact, many people are so emotionally and physically dependent on the foods they eat that they will never make big changes to their diet; consider it a triumph if they make even small ones. Even for those loved ones who are destined to end up becoming raw food fans themselves, these things *do* take time to sink in and everybody has a different process that they go through before they begin to admit to themselves that it does indeed make sense, and feel the urge to find out more. Changing the key belief systems that we live our lives by is no small matter, so it rarely happens overnight. In one sense, this protects us. It is *good* to think before we leap into doing something new.

Change is unsettling for many and that is what we are dealing with here at a fundamental level: people's fear of change. If we remain aware of just how radical this way of life might appear to others then we can be happy simply planting a seed of change which may then grow in its own time. As always, our biggest power to influence those around us lies not in telling them why they "should" go raw, but in being a walking, talking example of the results this can bring.



Pete Vincent

sees himself more as a healthy lifestyle coach than a raw food authority. He is the creator of *RawHumour.com* and his passion is helping people succeed on the raw road to health and happiness. If you are looking for a sensible, informative, grounded, and – most importantly of all – *fun* introduction to raw food, then visit **RawHumour.com** or email pete@RawHumour.com.



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Viktoras Kulvinskas Known globally as the foremost authority on raw foods and natural healing, Viktoras co-founded The Hippocrates Health Institute in Boston with Dr. Ann Wigmore. He is the author of *Survival into the 21st Century*, and has helped millions of people reach and retain vibrant health.

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The art of aging gratefully

Lillian Müller, former Playboy model turned motivational speaker, talks to Sarah Best about how her life changed when she went raw 30 years ago, why we should watch what we think even more closely than we watch what we eat, and why she's on a mission to challenge limiting beliefs about aging.

"In the year and a half that I've been doing lectures, sometimes I don't feel like showing up. It's the pressure of having to be at my best. To be honest with you, I didn't feel like doing this interview either..." confides Lillian Müller. "The old me would have procrastinated; found an excuse to postpone it. But what I tell myself now is that if I can reach one person with hope – if just one person who's down in the dumps finds something uplifting and starts eating healthily or going to the gym as a result – then it's been worth it."

In her lectures, Müller draws the crowds by sharing how she has managed to stay looking so young: 30 years on a high-raw diet coupled with regular exercise and regular detoxing (while, astonishingly, surgery, Botox and other artificial procedures have not figured in her programme). Now 57, she began her modelling career 40 years ago, after she won a beauty contest in her native Norway. Working in London several years later she was spotted by a scout from Hugh Hefner's Playboy empire. She was chosen as the magazine's "Playmate of the Year" in 1976, at the age of 25, and went on to become the most featured Playmate in history, appearing on the cover eight times. She caught Hefner's eye and the pair were an item for a time and remain close friends to this day.

But these days Müller is, she tells me, "breaking out of the mould of being a Playboy sex symbol. I'm using sex appeal for a higher purpose now. The stepping stone of my past creates curiosity and gets me in the door but I'm not about personal gratification as I was when I was younger. Those of us in the raw movement who are passionate about getting this message out are serving a power and energy much bigger than ourselves."

Müller discovered the raw diet and lifestyle when she sought the help of a holistic doctor at the age of 27. So what led to her decision to turn this into a career three decades later? It began, it turns out, with some serious soul-searching when she turned 50. "I thought to myself, 'I've been a sex symbol but what have I achieved? Have I really done anything worthwhile? Have I done something beyond me or has it just been an ego ride?' You have to ask those questions at a certain point."

And the verdict? "I had done something worthwhile through living for my daughter. But other than that, what had I done besides being lusted after? It was fun to be good-looking and popular; I'm not saying it wasn't. But even in my 20s, at the height of my career,

I never thought I was living life to the fullest. When you reach 50 you're half of 100! It's a wake-up call!"

Being with her grandmother when she passed away that same year provided another one. "When my grandmother died she was 91 and she told me her whole life felt like a dream; like it had gone by in a flash," recalls Müller. "At that point I thought, 'No more procrastination. Anything I want to do, I've got to do it now.' When I wake up, I thank God I'm alive. A lot of people died yesterday. A lot of people don't have the knowledge we have. There is a saying, 'Blossom wherever you're planted.' *Blossom, goddammit!* We have to seize the day and seize the opportunities it brings."

Listening to Müller talk, it is clear she has read and studied extensively from personal development literature, and the inspirational quotes come thick and fast. "As Wayne Dyer wrote, 'Don't die with the music still in you,'" she says at one point, adding, "My worst nightmare is to die with the music still in me." Best-selling author and speaker Dyer is mentioned several times during the course of the interview and is clearly a hero. "He's the kind of man I'd like to marry and have 10 children with!" she jokes. Müller has never married, "but I haven't given up on the dream I'll get married one day." She has a daughter – 18-year-old Alice Angelica – and she has been in a relationship for several years with the photographer Maurice Rinaldi, with whom she lives in Los Angeles.

To hear Müller speak – and given that she has moved in Hollywood circles for so long – you would think it a safe bet that she's done considerable time on the therapist's couch. Not the case, she tells me: she has actually never been in therapy. "I am my own psychologist," she declares. "I lift *myself* up. You can't rely on the world to give you compliments. Give yourself compliments. When I am low I fire myself up again. Like everyone else, I go through periods when I'm down, I have doubts, I have fear, and I think 'What's the point?' But I seem always to get myself back on track."

If Müller is passionate about nutrition and exercise, she is even more passionate about the importance of a positive mindset. "I've come to the conclusion that the mental, emotional and spiritual aspects of looking after ourselves are even more important than the physical," she says. "But if you look after *all* of those areas there's no limit to what you can do. It's easy to focus on the physical so much you forget the spiritual. But your spirituality affects your



“My job is to be honest about what I do, how I look this good at this age without surgery, how I fall off the path and how I get myself back up.”



career, your partner, the way you raise your kids... All this is much more important than having a flat stomach.”

“Starting to work on myself so young saved my butt,” she adds. “I’ve met 23-year-old models who are doing Botox – not because they have wrinkles, but because they think it will prevent them. I see women my age having it and they have faces like masks. I like to have some character in my face. And I’m an actress, so I have to be able to make expressions. If I had just been interested in my appearance I’d have had a face lift by now. There’s nothing sadder than an aging bimbo. I vowed I would never be that. But there’s also nothing wrong with having a sexy look. You can still be a conscious, evolved person.”

Born in Grimstad, Norway, in August 1951, Müller’s earliest memories are of life with her mother, stepfather and three siblings in an old farmhouse with a single bedroom and no bathroom. “We lived from hand to mouth,” she remembers. “Now Scandinavia is very socialist but at that time in Norway there was no help from the state.” At the age of 11, her mother had to take a job at sea in order to make ends meet and Müller and her siblings were bundled off to an orphanage where they spent the next five years. “I was very hurt, very angry and very insecure,” she recalls. “When kids are put in those places it either breaks them or makes them.”

In Müller’s case it was the latter. Determined to make a better life for herself she studied hard and became a straight-A student. “I buried my head in books. No one looked at me and none of the boys asked me out. That didn’t change until I was 17 and it’s one of the reasons I did so well at school!” But when Müller turned 18, her mother noticed her daughter’s late blossoming and entered her in the ‘Miss Norway’ contest. She finished as runner-up in that and then achieved the same position in a ‘Miss Beauty International’ contest.

Her modelling career took off and she was soon flying all over the world for catalogue shoots and fashion shows, but at this time she had no knowledge of nutrition. “God gave me good genes,” she says. “I was born naturally good-looking. I didn’t have to work at it so I didn’t realize I had to look after it. I didn’t know anything about calories or fat grams.” In 1975, aged 24, she was in Chicago on her first Playboy shoot. “I remember being on that shoot and eating foot-long submarine sandwiches during breaks. They had to tell me to stop eating. I ate and ate, out of nervousness and compulsiveness”

Given that nervousness and compulsiveness, it is fortunate that Müller grew up with an unshakeable aversion to drink and drugs. She is quite possibly the only person to have spent three decades as a model and actress and never touched either. “There were people in my family who drank too much and I was smart enough that something in me warned me,” she explains. “I can’t imagine waking up not knowing what I said or did last night. That’s scary. I guess I am a control freak!”

But food was another matter. Soon after her arrival in the US she had acquired a new boyfriend (Hugh Hefner), a new home (the Playboy Mansion) and a new diet. “There was a walk-in refrigerator full of food like I’d never seen before,” she remembers. “Boiled eggs in trays, crab legs, buckets of peeled shrimp, whole grilled chickens, salmon, filet mignon... I used to pull up a chair and eat. Then I’d move onto desserts: German chocolate cake, apple pie, strawberry shortcake, cookies and ice cream... Imagine going from my background to *that*. If you have nervous problems and compulsive tendencies, imagine how much food you can eat.”

It was at this time that her health began to deteriorate. Her list of ailments grew and grew, eventually including anaemia, low blood sugar, fainting spells, and swelling in her joints, as well as anxiety and depression. She was on a downward spiral with no clue how to reverse it. But the answer was soon to come to her.

At the age of 27, Müller was training to lose her Norwegian accent with a top Hollywood dialect coach. She had already appeared in a number of TV shows and movies at the time and was taking acting classes, but the accent was limiting the roles she could be considered for. One day the coach, concerned about her student's depression, anxiety and poor concentration, informed her, "I can't teach you anymore. You need help." She packed her off to holistic doctor Gene Stanlee and it was a meeting that was to change the course of Müller's life.

Stanlee was fitness trainer and health advisor to some of Hollywood's top stars and called himself "the world's foremost authority on age reversal through blood purification." He informed her she had to detox, and put her on a strict fruitarian diet. Over the next year, he taught her exercise, meditation, yoga and a wealth of information about how to feel better in both body and mind. And for nine whole months she consumed only fresh fruits and their juices – a far cry from the diet she was on when she consulted Stanlee, and from her childhood one of "meat, milk, grains, eggs and chocolate". She had regular colonic hydrotherapy sessions to support the detox and on this virtuous regime she said goodbye to her health problems one by one. For good. "I haven't taken a pill or any medication in 30 years," she says.

But despite this success, Müller does not want to give the impression that this is an easy path. While getting to grips with her new lifestyle under Stanlee's tutelage, she took a year off work so she could devote all her time to the study and practice of holistic health. But the programme became much more challenging to follow when she returned to work and had to combine it with a busy schedule. "I stopped eating all raw and followed a vegetarian diet instead – one that included chicken and fish!" she recalls. "It took me 10 years – from the age of 27 to 37 – until I let go of chicken."

Like many who have "gone raw", Müller found to her dismay that an in-depth understanding of what dead foods do to the body was not enough to stop her bingeing on them. "I didn't throw up and I was never anorexic, but I loved food and I was compulsive about it," she says. "I would get weak and crazy, feel rejected and think, 'Everything else in my life may be shit today but I'm going to eat grilled chicken.' No matter how many times I read about factory farming I still had that craving. For me now factory farming is a big issue. I don't eat chicken anymore, but if I was going to eat chicken I would never eat commercially farmed chicken. It's horrifying what they do and the compassion I have goes way beyond any desire I could have for that meat."

But she struggled with cravings for years, and it wasn't just grilled chicken that was calling out to her; she cites example after example: her early cycle of staying raw for several weeks then devouring a whole loaf of bread in one sitting; the Christmas she spent at home in Norway when she ate nothing but chocolate for three days – a whole pound a day; going through her daughter's trick-or-treat bag at Halloween and eating 30 Hershey's Kisses. "Now, because I've been doing this so long, my desire for foods like that has gone. But it's taken 30 years of reading and learning and living it to get to the point I am today. We all have to find a system that works for us and it's different for each of us."

These days Müller follows a high-raw diet and cravings for junk foods are a thing of the past. She feels at her best when she eats all raw, something she finds easy "in the spring and summer and into the fall, but some days in winter, even in LA, my body doesn't want to be on just raw". So she sticks to fruit and herbal teas during the day, and dinner will be, "a vegan stew or a couple of baked potatoes or baked yams, but always with a salad."

She is adamant that flexibility and self-forgiveness have been essential to her success. "No matter what I try, I fall off my path.

"The minute you detox you are lifted physically, mentally, emotionally and spiritually."

In the beginning I fell off it all the time. The main thing is to keep trying. Just keep getting back on the path. In the end it becomes effortless. So if you find yourself eating Hershey's Kisses, just enjoy it and then forget about it, eat lightly the next day, go to the gym, and your body will be back to how it was in a few days. You're not going to age or lose your health because of occasional transgressions."

"A lot of people think I'm so-called "perfect" because they think I do this all the time," she adds. "My job is to be honest about what I do, how I look this good at this age without surgery, how I fall off the path and how I get myself back up. In my experience, many of the people in the raw vegan movement who say they are raw vegan all the time are not. We eat for psychological reasons as well as for physical ones. That said, of course a raw, vegan, organic diet is the ultimate. It all boils down to being super healthy and super sexy and helping save the planet and the animals. It's win win win. So absolutely go for raw food as much as you can."

What advice does she have for those who are new to the concept of the raw diet and keen to experiment? "As long as you're alive you can become well. If you're not healthy, *become* healthy! The minute you detox you are lifted physically, mentally, emotionally and spiritually. In three months of detox you can accomplish a lot, and in seven years your body is all new. So why not start being super healthy today? You'll be inspired by the results and you'll get great compliments."

This has certainly been true in Müller's case. "Sexy, young guys think I'm 40!" she laughs. "I tell them I'm 57 and watch the shock on their faces because they thought 57 meant really old. I love to say it! They didn't have any idea that 57 could be young, vibrant and sexy." Last summer, a Norwegian magazine approached with a proposal: would she and her daughter like to pose together in bathing suits for a feature? Müller, who usually hits the gym on a daily basis, had at that point not been able to go for over three months due to an injury. So did she decline the magazine offer? No – she donned her bathing suit for the cameras and, "despite not having worked out for all that time I held my own next to my 17-year-old daughter," she comments with a chuckle.

She has Gene Stanlee to thank for introducing her to the diet and lifestyle that keep her in such great shape and looking years younger than her age. But he was also instrumental in helping her achieve something she considers much more valuable than that: a healthy mindset about aging. Although the 57-year-old Lillian is excited about getting older and wiser, the 27-year-old Lillian was decidedly not. "When I was young, my whole life was based on my physical appearance," she recalls. "I had this huge anxiety about turning 30. I thought, '30? That's over the hill.' When your power is invested in being good-looking you get so afraid of aging. Dr Stanlee helped me to see that getting older didn't mean the end."

In his younger years, Stanlee was a famous wrestler and something of a pin-up himself, so he had also had to make peace with the aging process. "After one year studying with him and his wife I had no fear of 30 or 40 or 50," she says. "Only my perspective changed. Your sex appeal is about your energy; your



“Women don’t come into their fullest package until their 50s! When you lose your insecurities – *that’s* when you become sexy.”

At the time of the interview Müller is about to travel back to Norway, where she is a household name, to continue shooting a reality TV series about her life. “Every show will have tips about being a healthy, vibrant woman and every show will be uplifting,” she explains. “This is a whole new beginning. I feel like a kid. Every day is a new adventure. I love thinking out of the box, pushing the limits, doing new things. When I was younger, everything I did was so fear-oriented. Now I try to serve my purpose in being one of those people who confronts fear and speaks about my experience with it. I have had a lot of fear in my life and a lot of periods in my life when fear stopped me. Few people have enough confidence, especially women. Your own self-doubts and fear are your own biggest enemy. Cancer, heart disease and diabetes are not the worst diseases on the planet. Fear is.”

Her advice? “We’re bombarded with so much negativity; there’s so much craziness in this world. But there are so many things we *can* do we have to stop thinking about what we can’t do. Circumstances will never lie ahead of you perfectly, so don’t wait for that. Just go out and serve your purpose. Don’t wait until tomorrow – do it today. Tell someone you love them. Start getting healthy. Do it now! Tomorrow you’ll find another excuse so you might as well grab yourself by the neck and just do it.”

Which is exactly what Müller confessed to me she had to do to override her earlier urge to postpone this interview. It is hard to believe, especially as by the time she tells me this it has lasted an animated four hours. And it is impossible to listen to her and not get inspired. “I inspire myself in the process of inspiring you,” she responds when I tell her this. “We all inspire each other. Do you think I could have got where I am today if I hadn’t met a lot of inspiring people in my life? I love people who think out of the box. I’ve been so inspired by older people who are different. I surround myself with them. I have so much respect for elders. When I’m 85, I want to be inspiring younger people.”

“There is a lot of truth to the saying that youth is wasted on the young. You have no idea what you have at 18 nor even at 38. But you can be more valuable at 100 than at 30 if you play your cards right. Who knows where you can be then? So what are we doing complaining when we hit 50 or 60? We have so much more to offer to the world and also to romantic partners – especially if we start looking after our bodies when we are younger, but it’s never too late to start. I believe in our lifetime we are reincarnated many times. I had that life, now I have this life and in a couple of decades I might have another life. I see myself as a work-in-progress. I’m not finished. I haven’t even started scratching the surface!” ■

For more information see lillianmuller.com.

All photographs of Lillian are by Maurice Rinaldi (mauricerinaldiphot.com)

pizzazz - not about whether you have wrinkles. What is attractive is fun and liveliness. I am not attracted to men who are only interested in young girls. When I see girls in their 20s who are afraid, like I was, of getting older, I think, ‘You’re afraid of being 30? Just wait until you’re 40!’ Women don’t come into their fullest package until their 50s! When you lose your insecurities – *that’s* when you become sexy.

“Aging should be a positive experience. We have to watch we don’t get pulled into the conventional, hypnotic, negative thinking. Whoever came up with that? You can go back to college when you’re 95! Society should look up to elders with their wisdom, knowledge and experience. There are old people rotting away in homes, with no one visiting them, taking a cocktail of medications three times a day. We’d better watch it because we’ll be there one day. So why don’t we change things before then by helping people in nursing homes today?”

She is in full flow now: “The day it stops is the day we stop having dreams and goals. I still say ‘When I grow up...’ I still want an Oscar. People tell me I’m crazy, but Jessica Tandy got an Oscar at 81. That was many years ago so that’s equivalent to 91 today! There is no reason we should stop dreaming, planning or having goals. There will always be people who’ll tell you you “can’t do it”: that you’re too old, too fat, not educated enough... Just smile and say, ‘In spite of what you say, I’m doing it.’ I want to be the Oprah of health, fitness and rejuvenation. We should set ourselves *huge* goals – goals that may be out of reach. That’s what I did in the orphanage. Shoot for the stars and you might land on the moon. Shoot for the treetops and where will you land?”

So at 57, is it safe to say that she’s confident the best is still to come? “When I turned 30 I felt great about it, when I turned 40 I felt even better, when I turned 50 I celebrated. And 60? That’s a few years away and I can’t wait to dream up wild, crazy things to do to celebrate that. In 57 years I’ve never been drunk or high, so I’ve had a lot of time to think! I want to do things I haven’t done before. What can I achieve, what influence can I have in society? When you’re older, you’re more experienced, you have more wisdom, you’ve met more people and read more books. Shake it up! Make a difference. Have a few wrinkles and love them!”

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Reasons to be raw

We all understand the advantages of eating our food raw but much less is known about the disadvantages of eating it cooked. Dr Douglas Graham takes an in-depth look at the nutritional topic that is both the least understood, and the most important, of all.

Is cooking as harmful as some raw food teachers lead you to believe? After all, how can it be so terrible to gently and lovingly cook your food? People are cooking their food at every meal, every day, all around the entire world. Heck, people have been cooking for thousands of years. You survived decades of eating cooked food yourself, didn't you? And the vast majority of people who count themselves as raw fooders still include substantial portions of cooked foods in their diet – usually intentionally but also unknowingly.

What actually happens when foods are heated, and is it really such a big deal? After all, don't some foods become more digestible when cooked? The material in this article outlines the health facts associated with cooking food. It delineates the nutritional losses caused by cooking, and explains the various health compromises associated with eating food that you have heated. The claim that cooking certain foods enhances their nutritional value is also put under the bright light of scrutiny. Hopefully, once the facts are rooted from the fiction, clear decision-making will be much easier.

We'll take a look at various classes of nutrients, and evaluate what happens to each of them when exposed to the heat of cooking. Then we can look at the bigger picture and realistically evaluate the nutritional and other health issues associated with cooking. After all, when friends and loved ones ask you, "What's wrong with cooked food?" it is valuable to be able to give a convincing and caring answer. Who knows? Besides supporting your own efforts at eating raw, you might even be able to sway someone else to give up their (self-destructive) cooked-food habits.

How much heat is too much heat?

Cooking food leads to two broad classes of undesirable changes:

- 1 It destroys essential nutrients or makes them less bioavailable.**
- 2 It causes the formation of unnatural chemical substances, the processing of which places a strain on the body's organs. Some of these substances are also carcinogenic and/or mutagenic.**

Let's first consider the issue of nutrient loss. To date, very little scientific research has been done on the effects of cooking on the nutrient levels in food, and such research is in any case very hard to do. Figures are bandied about sometimes – we might read that cooking causes 30-98% of a certain vitamin to be lost, for example – but such figures can only ever be the roughest of approximations as there are so many variables at play. The temperature of the heat source, the distance from the heat source, the internal temperature of the food, and the duration of time spent heating (among other factors) all affect the outcome.

Science has established that enzymes, phytonutrients and water-soluble vitamins are three substances that are especially vulnerable to outright destruction when heated, even at relatively low temperatures. Minerals, on the other hand, are believed to be made less bioavailable by heat rather than being destroyed by it (although, like vitamins, minerals can be lost to us through leaching into cooking water).

So we know the above, and we also know that the negative effects of heating food are cumulative. Nutrient losses progressively increase based on the intensity of the heat and the length of exposure to it. So the higher the heat, the more rapidly the nutrients in food are corrupted, and the greater the degree of corruption. Production of toxic substances also increases dramatically with longer cooking durations and higher temperatures. >>

Glossary

Antivitamin

A substance that interferes with the action of a vitamin and/or destroys or inhibits the usual metabolic action of a vitamin.

Antinutrient

A substance that interferes with the utilization of one or more nutrients by the body. Examples: oxalate and phytate, which prevent calcium absorption.

Antioxidant

Any of the various substances (such as beta-carotene, vitamin C and alpha-tocopherol) that inhibit oxidation or reactions promoted by oxygen and peroxides, including many held to protect the living body from the deleterious effects of free radicals.

Bioavailability

The degree to which, or rate at which, a drug, nutrient or other substance is absorbed or becomes available at the site of physiological activity after consumption or administration.

Caramelize

To convert to a burnt brown material. This material can be manufactured from various sugars, starches and starch hydrolysates, and is used as a flavour and colour (E150) in a wide variety of foods.

Carcinogen

A substance or agent that can cause cells to become cancerous by altering their genetic structure so that they multiply continuously and become malignant. Asbestos, DDT, tobacco smoke, acrylamide and acroleic acid are all examples of carcinogens.

Denature

To modify the molecular structure of a nutrient so as to destroy or diminish some of the original properties and especially the specific biological activity.

Free radical

An atom or molecule that bears an unpaired electron and is extremely reactive and capable of engaging in rapid chain reactions that destabilize other molecules and generate many more free radicals. Free radicals can damage cells, proteins and DNA by altering their chemical structure. They are also believed to accelerate the progression of cancer, cardiovascular disease and aging.

Mutagen

An agent, such as a chemical, ultraviolet light or radioactive element, that can induce or increase the frequency of mutation in an organism.

Rancid

Smelling or tasting rank and/or stale, due to chemical change or decomposition, e.g. of fats or oils.

Nutrient losses progressively increase based on the intensity of the heat and the length of exposure to it

At what point does nutritional damage occur as a result of exposure to heat? The answer varies, based on several factors, including but not limited to: the water content of the food, the type and intensity of heat applied, the surface area of the food item being heated, and the nutritional makeup of the food.

But here's an easy rule of thumb to keep in mind: if your food is being exposed to more heat than your naked hand can withstand, the heat is harming your food. This means that relatively low temperatures will result in nutrient losses. For example, if your hand is immersed for just 30 seconds in water that is only 130 F (54.4 C) your skin will suffer a third-degree burn – a clear indication of the nutritional damage that also happens to food when exposed, even this briefly, to even this low temperature.

In some countries, mangoes are dipped for 30 *minutes* into water that is 130 F in order to kill fruit fly larvae that may be living deep inside the fruit. If this low temperature makes it impossible for the larvae to live and maintain their metabolic functions, what do you think it does to the nutrients in the mango? Does the mango still count as “living food” if its cellular metabolism has been disrupted and mutated? Studies have revealed that enzymatic activity inside the mango ceases when the mango heats up while in the warm water. And sure enough, after the mango cools, it no longer emits its distinct, wonderful mango aroma.

Classically, nutrient damage to food as a result of exposure to heat has been said to begin, and progressively accelerate, at the following temperatures:

Enzymes and co-enzymes begin

losing effectiveness 118 F (47.7 C)

Various vitamins show losses of function 130 F (54.4 C)

Protein denaturing begins 161 F (71.6 C)*

* The temperature used to pasteurize milk

Partial to total nutrient loss is not the only possible nutritional damage incurred when foods are heated, however. Toxic substances also result. Antivitamins and antinutrients are formed, dangerous free radicals proliferate, and a wide assortment of health-destroying mutagens and carcinogens are created.

But you wouldn't think this to listen to certain doctors and dieticians talking about the nutritional benefits of cooking our food (more about those later). The nutritional value of foods has become ever more difficult for the layperson to discern as marketers take advantage of consumers by focusing on specific nutrients in foods, instead of the foods themselves. Now let's examine the effect of cooking in greater detail through looking at its effect on each of the three macronutrients.

Cooking and the macronutrients

There are three nutrients that provide calories – carbohydrates, proteins and fats. These are often referred to as the macronutrients, although I prefer the term caloronutrients. All

three of the caloronutrients are found, in varying ratios, in all whole plant foods. Typically, we refer to foods as being either “carbohydrates”, “proteins” or “fats” because one caloronutrient predominates as the calorie source. It is worth noting that many foods – especially foods of animal origin – are referred to as proteins even though their predominating caloronutrient is fat.

In short, when foods are heated:

- carbohydrates are caramelized (dramatically raising their glycaemic index, while also creating carcinogens);
- fats become saturated and more prone to rancidity (leading to heart disease, diabetes and malabsorption of nutrients);
- proteins become denatured (not only making them partially or wholly unusable in the body, but also resulting in the generation of mutagens).

Emergency immune responses such as white blood cell mobilization and upward changes in vital signs (indicative of an increased bodily workload) are immediately initiated as responses to the consumption of cooked food – clear indicators that the body is being harmed. We cannot break the laws of nature; we can only demonstrate them.

Carbohydrates

Heating carbohydrates results in predictable responses. We have all seen bread turn golden when it is toasted, then brown, and eventually a charred black. The same thing happens to the rice at the bottom of the pot. This process is known as caramelization, and it happens to all carbohydrates when they are heated. To the degree that they are heated, caramelized carbohydrates are carcinogenic.

In 2001, worldwide headlines announced the discovery of the carcinogen acrylamide, formed during the heating of various foods containing complex carbohydrates. The news was essentially ignored, in terms of its effect on reducing the consumption of these toxin-laden foods. Scientists played down the finding, saying that acrylamide is found in such a wide variety of foods that it is impossible to avoid. But that is not so, as it is found only in cooked foods! Considering that a carcinogen is an agent that can cause cells to become cancerous, is this not reason enough to avoid – or at the very least drastically cut down on – the foods that we know contain such a substance?

Foods are listed as being either “low”, “medium” or “high” on the glycaemic index. Foods on the “high” list are commonly thought to be less supportive of overall health in regards to our sugar metabolism. The rise in glycaemic index that occurs when carbohydrates are heated accounts for the fact that almost every single food in the “high” category is a heated carbohydrate, while the “low” and “medium” categories are filled primarily with raw fruits and vegetables.

Fats

It has been known since the 1950s that exposing fat to high-intensity heat sources results in the formation of carcinogens. Searing, grilling, frying, deep-frying and other extreme heating methods cause fats to change, irreversibly and for the worse. The latest issue, trans fats, is just the tip of the iceberg in terms of health risks associated with eating heated fats.

It is enough of a concern, however, that in many parts of the United States it has become illegal for commercial food venues to sell foods that contain trans fats. In Denmark, meanwhile, it is already illegal to sell foods which contain more than 2% trans fats, >>>

Investigating two leading arguments in favour of cooking

1 Do some foods become more digestible due to cooking?

The fact of the matter is that some foods actually *do* become more digestible when heated. Whether this is a good thing has been argued both ways, for decades. Certainly, foods that could otherwise not be eaten at all can be enjoyed once they are sufficiently heated – a definite plus in terms of sheer survival. However, if a food is not easily digested when eaten raw, should we not question whether it is actually natural fare for humans in the first place? Few if any foods that must be heated in order to be digested are of prime nutritional value.

Mammals with multiple stomachs can often digest raw foods that humans can only digest after the foods have been cooked. Rodents can digest raw starches easily, while humans must cook them (or, in the case of certain starchy seeds, sprout them) in order to make them digestible. Carnivores produce stomach acid 10 to 100 times stronger than that produced by humans, allowing them to digest many foods that we simply cannot, even if we cook the food.

Foods such as dairy and various flesh items – meat, poultry, fish, pork, etc – will invariably rot in our digestive tracts, at least to some degree, before they are eliminated. We simply do not have the digestive fortitude to digest these foods. While in our insides, these foods will generate and become host to a wide assortment of harmful flora, fauna and putrefactive (anaerobic) bacteria.

These “visitors” upset the balance and efficiency of our digestive system, wreak havoc with the digestion of the otherwise healthy foods we may eat, add substantially to our overall toxic load, interrupt and upset our faecal eliminative functions, overload kidney function (often to the point of causing irreparable damage to the kidneys), produce a variety of foul gases, and leave us with varying degrees of discomfort and pain throughout our digestive systems. In every instance, however, even if the food does become more digestible due to cooking, the nutrient losses and other derangement of the food more than counter any perceived gains, other than stark survival itself.

2 Do some nutrients become more bioavailable after being heated?

Yes. In fact, as many as a few hundred nutrients become more bioavailable after the foods in which they are found have been somewhat heated. However, when these same foods are heated more aggressively, such as occurs with deep frying, grilling, pan frying or prolonged baking, these same nutrients are often completely destroyed or made mostly unavailable.

Damaging nutrients by heating them is not an innocuous process. Cooking predictably results in the creation of antivitamin, antinutrients, carcinogens and mutagens. Nutritionists reckon that there may be close to one million different nutrient substances in food. This means that *for every individual nutrient that becomes more bioavailable as a result of cooking, several thousand become less available*, due to being damaged, deranged or destroyed

completely. Would you give up the benefit of thousands of nutrients in order to get a bit more of one specific nutrient, when you were already getting enough of that nutrient in the first place?

It is interesting and quite important to note that “more” does not equate with “better” when it comes to nutrition. It is quite possible to get too much of a nutrient, or to throw off the balance of one nutrient to various others by having one in excess. Nowadays, over 95% of all nutritional illness is said to be related to excess rather than to deficiency. This information negates the idea that we are looking for nutrients to become more bioavailable than they are in whole, fresh, ripe, raw, organic fruits and vegetables. Common sense tells us that nature provides all of the nutrients we require, and in the ideal ratios.

The entire argument for cooking food because it makes certain nutrients more bioavailable is based upon flawed logic. The highest source of simple carbohydrates is refined white sugar. The highest source of complex carbohydrates is refined white flour. The highest source of protein is refined protein powder. The highest source of fat is refined oil. The highest source is not necessarily the best source. More is not better, at least not when it comes to nutrition.

Through the use of a certain brand of “science” to dazzle and bewilder consumers, a food product that has extremely limited nutritional value, is composed primarily of empty calories, and is laden with toxins, can be marketed as “nutritious” solely because it contains high amounts of a specific micro-nutrient that is said to be valuable. This misleading practice is accepted, even though we know that isolated nutrients do not offer the same health benefits as those same nutrients when they function in the concerted combinations of nutrients offered in whole, fresh, ripe, raw, organic fruits and vegetables. *These* are the foods that most closely mimic human nutritional needs.

Yet we are told, for example, to cook our tomatoes because cooking makes the antioxidant phytonutrient lycopene more bioavailable. Not only do the dieticians and nutritionists telling us this not seem to question the concept of whether more is better; they also do not appear to know how much more lycopene we actually get through cooking, nor how much we lose in terms of other nutrients. And of course, no one talks about the public health issues associated with purchasing canned cooked tomatoes, such as the inevitable rodent hairs, faecal matter, ground roaches and other contaminants that invariably find their way (and are acknowledged and allowed by our public health laws) into all commercially cooked and processed foods. And oddly no one mentions ptomaine, although incidents of ptomaine poisoning from cooked tomatoes occur on a rather regular basis.

Plus, in any case, the reality is that we don’t actually get “more” of anything as a result of cooking (other than more of the negative features that we don’t want). In the case of tomatoes, although the bioavailability of lycopene rises slightly when tomatoes are cooked, the total quantity of available lycopene goes down sufficiently to result in an overall reduction of lycopene absorption. And so another myth bites the dust.

“The latest issue, trans fats, is just the tip of the iceberg in terms of health risks associated with eating heated fats.”

and I predict the rest of Europe will not be far behind on this issue.

Fats become increasingly saturated the more they are exposed to heat. Polyunsaturated fats – the predominating fats found in all fruits and vegetables – are utilized in a wide variety of bodily structures and functions. They make up part of the structure of every cell, many hormones, and are part of the composition of an assortment of nutrients.

Saturated fats, on the other hand, can be structurally integrated when formed by the body but cannot be utilized when consumed in the diet. They overload the body even when consumed in relatively small volume, clogging arteries, blocking nutrient uptake sites, negatively affecting blood chemistry, and interfering with the function of many hormones, including insulin and most of the hormones associated with the reproductive cycle.

Protein

Heating protein results in the formation of enzyme-resistant bonds. This means that the proteins cannot be broken down into their component parts – amino acids – and therefore cannot be properly utilized by the body. A strand of hair, balled up, can easily be unravelled. But hold that ball of hair over a flame, for just a moment, and it will “melt” into itself. Once this has happened, it can never be unravelled. Enzyme-resistant bonds are formed in the hair due to the exposure to just a moment of heat.

Think of an egg being dropped onto a hot frying pan. The entire chemistry of the egg changes once it hits that heat. The protein is denatured – irreversibly changed to a form that is unusable by the body. Like Humpty Dumpty, that fried egg can never be put back together again in its original form. Enzyme-resistant bonds form every time proteins are heated, and the proteins, thus ingested, are recognized by the body as foreign invaders instead of valued nutrients. The body attacks these proteins with white blood cells, histamines, various other immune responses, lymph gland activity, and a generalized inflammatory response indicative of toxicity.

But there are more issues with heating proteins than initially meets the eye. During normal digestion, proteins are broken down in the intestines into their component parts – amino acids – before entering the lymphatic system and then the bloodstream. Proteins are split into proteoles, proteoles into polypeptides, polypeptides into dipeptides, and dipeptides into amino acids.

But due to the influence of cooking and the creation of enzyme-resistant bonds, heated proteins cannot be broken down fully. Polypeptides enter the bloodstream and lymphatic vessels through the portals from the intestine known as lacteals. The lacteals are normally tiny openings that exhibit profound discriminatory ability when it comes to the passage of substances from the intestines.

Over time, the lacteals become damaged; made lax from exposure to all these large polypeptide molecules that are being forced through openings too small to handle them. As a result, they become less able to discriminate nutrient from invader. Thus

another negative outcome from eating heated protein is known as “leaky gut syndrome” (LGS). There are a variety of auto-immune conditions associated with LGS, including (but not limited to) lupus, allergies, asthma, kidney disorders and several different types of arthritis.

As if that weren’t enough, there’s more. It has been demonstrated that the sulphur that is a part of several different amino acids splits from the amino acids in question when heated. This not only renders the amino acids ineffective, but it wreaks havoc with many of our organ systems. When the sulphur is broken off from the amino acids methionine and cysteine, stimulation of the adrenal glands results, and this in turn stimulates the thyroid.

Time to turn the oven off?

But it’s not only cooked protein that places a great strain on the adrenals, thyroid, pancreas and other endocrine organs. This is an effect of cooked foods in general, and these organs eventually “crash” from the continual stimulation of cooked foods, often resulting in sudden and dramatic weight gain, low energy, foul body odour, rapid hair loss and many other symptoms so common among people eating the mainstream Western diet. Chronic fatigue syndrome, cancer, thyroid dysfunction, kidney disease, various digestive disorders and a variety of other serious health conditions are directly related to the consumption of cooked food.

It is not only our internal health that is affected when we cook foods. The creation of greenhouse gases that contribute to global warming has been linked to three major factors. Surprisingly, the first two are food-related. The animal industry is by far and away the leader in greenhouse gas production. Cooking food is second, and driving our cars is third. The next time you think about heating a meal, remember that you are contributing to what may be our worst ever global environmental change.

Safety is equally an issue when it comes to cooking. Kitchen fires from cooking are the most common of all house fires, according to an interview with Texas firemen. Six of the top ten causes of being burned are related to cooking. Over two million people in the United States report being seriously burned while cooking each year. The financial losses as a result of cooking fires run in the billions annually.

Most people were quite surprised when smoking in public places was banned. In many parts of the world the cooking of certain types of fats has been banned due to the public health hazard that their fumes create. The smoke, toxic fumes, fire danger, health hazards, weight management issues, and a variety of other issues all contribute to making cooking a less than sensible act. So if you’re still thinking of cooking your food, it may be time to reconsider. There is no “right” or “wrong” on this issue, but there will always be consequences. Choose wisely, and choose the actions that will result in the health consequences that you most desire. ■



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The top 10 substances that destroy health

If you're cleaning up your diet, get rid of these commonly-consumed baddies as your first priority, says Sarah Best.





Some people go from the standard diet to a very virtuous raw vegan one overnight. But most of us need a little longer to make this transition, and many decide not to take it to that level but to stay happily “high raw”. Although cooked food is never an optimal choice, all cooked foods are *not* created equal – some are much worse than others.

This list is a roll call of the common substances and lifestyle habits that are the most detrimental to health. Even if you’re all raw, and you consume nothing whatsoever that’s unnatural or “impure”, watch out for number four – it may well apply to you.

It is impossible to put this list into a hierarchy of “least unhealthy” to “most unhealthy” so it is presented in alphabetical order. Give up all of the items in one go or let go of them one at a time – the choice is yours.

But whatever you do, make it your goal to cut these substances out completely, if you haven’t already.

If you’re still eating things that come in packets you’ll need to become a label sleuth to ensure that nothing on this list is sneaking into your diet uninvited. The best strategy, of course, is to prepare your meals yourself from fresh ingredients. It’s the only way you can be totally sure what you’re eating.

Animal products

We all know that meat, eggs and milk have been linked with increased risk for heart disease and cancer. Nonetheless, the animal agriculture industry has done such a good job of marketing its products that most people still believe they’d be “missing something” if they gave them up. The article on pages 53 to 56 of this issue explains why that’s not the case.

There is much else to be said on this subject but with limited space, let’s focus on just one important issue. The polluted planet we now live on makes it wise to eat as low as possible on the food chain. Persistent organic pollutants are manmade chemicals – including DDT, dioxins, mercury and PCBs – which are virtually non-biodegradable. They’ve been detected everywhere they’ve been tested for, including in the remotest parts of the globe. These dangerous chemicals make their way into all living things and they get more concentrated the further up the food chain they travel.

They are stored in the bodies of all animals and when humans place themselves at the top of the food chain and eat the flesh of animals or drink their milk, they consume these hazardous chemicals in much higher quantities than are found in plant foods. A 1992 *Time* magazine article contained the sobering observation that you could drink water from a polluted lake for your whole life and not receive the chemical contamination you get from just one fish meal.

Since the manmade chemicals in our environment build up in all living things, the “food chain factor” affects all animal products, including organically produced ones. But it is a bigger problem with those conventionally produced, since the animals consume “feed” which inevitably contains a cocktail of chemical additives. These build up in their bodies and make their way into their flesh and milk. So if vegan is not an option for you at this

point, be sure to stick to organic or wild. And avoid at all costs factory-farmed and/or processed meat, conventionally produced dairy, eggs from caged hens and farmed fish.

Artificial additives

The manmade colourings, emulsifiers, flavourings, thickeners, preservatives and sweeteners that adorn our processed foods are, quite simply, a big experiment with humans as the guinea pigs. Many people mistakenly think that if an additive is allowed in our foods it must be safe. But little research has been done into the long-term effects of individual food additives on our health, let alone into what happens when we consume a cocktail of them at every meal.

Some additives have been under the spotlight more than others, though. The artificial sweetener aspartame is arguably the most controversial food additive in history. It has been linked with cancer (especially brain cancer), multiple sclerosis, seizures and a host of other health problems. Yet it is still on sale as a sugar substitute, and food manufacturers are still allowed to load it into their products. It is found in many ready meals, “diet” soft drinks and “no added sugar” products, and even in some vitamin pills. It is also found in products marketed specifically to appeal to children, including yogurts and fruit drinks.

Fizzy drinks (sodas)

There are few habits more harmful than consuming acidic, additive-laden liquids sweetened with either refined sugar or one of its artificial substitutes. Yet the average British child drinks a staggering 200 litres of fizzy drinks every year, in what is arguably the number one cause behind the ballooning childhood obesity crisis and also the increasing incidence of everything from diabetes to tooth decay to behavioural problems.

These drinks have very high phosphorus content and phosphorus is extremely acidic. As always happens when overly acidic foods are eaten, the alkaline mineral calcium is pulled out of the bones and teeth to restore pH balance.

The ideal dietary phosphorus to calcium ratio is about 1:1. The ratio in the standard Western diet tends to be in the 2:1 to 5:1 range. A diet high in phosphorus and low in calcium will eventually cause bones and teeth to weaken and increase tissue calcification, but that’s just the start. This mineral imbalance also sets the scene for so many of the chronic diseases that plague Western society.

Negative emotions

These are not, strictly speaking, “substances”. But they had to have a mention in this feature because – make no mistake – your emotions *do* become matter. Emotion is “energy in motion” and the energy from strong negative emotions (such as anger, hatred, fear and resentment) creates metabolic acids, just as the consumption of acid-forming foodstuffs does. In fact, research scientist and *The pH Miracle* author Dr Robert Young believes that strong negative emotions can create two to three times more metabolic acids than the consumption of acidic foods.

States Dr Young, “When I have a client who’s in negative acid-forming emotions, all the body fluids, including the blood, will ➤➤



“The average British child drinks a staggering 200 litres of fizzy drinks every year.”

show a decline in the pH even if this person has been eating an alkaline diet.”

If the body is faced with more metabolic acids, from whatever source, than it can eliminate, they are stored in fatty and connective tissues. This can lead to fatigue, tiredness and muscle pain, as well as lay the foundation for much more serious problems.

It is often much easier to give up a destructive dietary habit than it is to give up a destructive mental or emotional habit. But knowing that what’s going on in your head is just as important as what you’re putting in your mouth can provide the motivation needed to let go of unhelpful patterns.

Pharmaceutical drugs

All pharmaceutical drugs have undesirable side effects, some of them immediately noticeable, some not. They place an enormous strain on your liver and kidneys and, if consumed routinely, accumulate in the body’s tissues. This contributes to the toxic build-up which is a factor in the formation of *all* chronic diseases, so be aware that any symptom relief you experience now is coming at the expense of your long-term health and vitality.

There is almost always a natural way to get the desired effect without the undesirable side effects. But if you have a serious condition, don’t be your own doctor here. Seek the help of a qualified practitioner who has the knowledge and experience to support your transition to natural healing.

This statistic may motivate you: using prescription drugs *in the way they were prescribed* is now the fourth leading cause of death in the US. Every year, adverse reactions to prescription and over-the-counter medicines kill more than 100,000 Americans and seriously harm than 2.1 million more. In addition to those deaths from drugs being used “as prescribed”, three times as many people die from prescription drug abuse as from illegal drug abuse.

Processed salt

When natural sea salt, which contains all 84 of the minerals and trace minerals found in the human body, is blasted at high temperatures and chemically treated, all that is left is sodium chloride in a form that is foreign and highly toxic to the body. The body reacts by trying to excrete it, using massive amounts of energy in the process.

With the average standard diet intake in the 5 gram to 12 gram per day range, the body can’t always eliminate it all. What it can’t eliminate it must store, and every gram of salt must be suspended in 23 grams of the body’s own water in order to neutralize it. This is why consuming salt is linked with everything from dehydration and water retention to high blood pressure and kidney problems.

Sodium chloride is found in almost all packaged and processed foods, including so-called healthy options such as breakfast cereals. And beware restaurant and takeaway food – both tend to be loaded with salt.

Recreational drugs

This includes the socially-acceptable drugs alcohol, caffeine, nicotine and white sugar (see overleaf), plus the illegal drugs. If you’re health conscious, chances are that nicotine and narcotics are not a part of your regime. But many health-conscious people still drink alcohol and/or coffee.

We all know the consequences of binge drinking and other forms of alcohol abuse, but even when consumed in moderation alcohol interferes with the digestion of carbohydrates and with nutrient absorption. It also has negative effects on the brain, liver and kidneys which are too complex to be covered in the space available, but really, do you need to know more? Coffee, meanwhile, is a central nervous system stimulant which has been linked with anxiety, mood swings and adrenal exhaustion. Just say no!

Trans fats

Natural trans fats are found in small quantities in dairy products and certain meats. Artificial trans fats are created through a process called hydrogenation, which converts liquid oils into solid fats. This is a strategy used by manufacturers to enhance the taste and “mouth feel” of their foods, and to extend shelf life, all of it at the expense of the health of the consumer.

Trans fats are actually worse for health than the saturated animal fats they were designed to replace – quite an achievement. Cooked saturated fats are so hard to break down that you don’t have to eat much of them before they start to build up in your arteries. Trans fats are so stiff and plastic-like that they have been said to be *10 times* harder to break down than saturated fats. As such, they have been linked with starkly increased risk of a number of degenerative diseases, including cancer and heart disease.

The only safe intake of them is zero. Yet the organization BanTransFats.com estimates that the average person in the UK is consuming at least 11 grams of trans fat a day, and that an intake of over 20 grams is not unusual. A single doughnut, for example, can contain as much as 5 grams, since many varieties contain trans fatty acids in their dough and are also deep-fried in partially hydrogenated oil.

Other foods high in trans fat include margarine and shortening; fast food burgers, fries and shakes; non-dairy creamers, flavoured coffees, cake mixes and powdered soup mixes; and many non-organic pies, pizzas, cookies, cakes, crisps (chips), crackers, breakfast cereals and energy bars – including those marketed as healthy options.

The only way to be sure you're avoiding all trans fats is to steer clear of any food that has the words "hydrogenated", "partially hydrogenated" or "shortening" on the ingredients list, and to assume that all unlabelled non-organic baked or fried goods contain them.

As an aside, establishments that deep-fry food reheat the same oil over and over again in order to save money. It's standard industry practice and perfectly legal. Some change the oil once a day, some once a week, and some even less frequently. Each time the oil is heated, regardless of whether it contains trans fat, it becomes ever more toxic due to the formation of increasing quantities of harmful free radicals and other scary substances.

Frying food at home, in fresh oil, is a less unhealthy way to eat fried foods if that's your choice, but we're speaking in very relative terms here. The oils most frequently used for frying – including olive and sunflower – are so unstable when heated that they rapidly oxidize to form free radicals.

White flour and other white refined grains

White flour is what's left after stripping the nutrients and fibre out of the wheat grain. For some reason, this lifeless powder is a staple in the standard diet of all "developed" countries and the main ingredient in pasta, bread and many other bakery items including bagels, pizza dough, cookies and cakes.

White flour and other white refined grains are considered "empty calories". This refers to the fact that they have had all of their nutrients removed. But it's actually worse than that, because the body requires nutrients in order to digest them, and as they don't provide these nutrients the body must draw on its own reserves. The upshot is that these foods don't simply *not* contribute anything in terms of nutrition; they leave you worse off nutritionally than before you consumed them.

When eaten as a staple part of the diet, refined white flour upsets the mineral balance of the body, and more and more minerals are siphoned from deep in the body in the attempt to rectify the imbalance. This leads to a chronically acidic condition and, over time, so much calcium is taken from the bones and teeth they start to weaken. This accounts for white flour's link with osteoporosis and dental disease.

It is also strongly linked with diabetes. As far as your blood sugar is concerned, there is little difference between white flour and white sugar, since white flour quickly breaks down into sugar in the body. In bleached white flour the damage is augmented by the presence of the bleaching agent alloxan, which is linked with diabetes due to its destructive effect on the beta cells in the pancreas.

Wholemeal flour, although a better option, is still a very processed food. It is cooked at high temperatures and refined into a dead powder, and it must be cooked again before it is palatable, meaning little of any nutritional value is left by the time it's eaten. If you choose to consume grains, whole grains are the best option, and the healthiest preparation method by far is to sprout them and eat them raw.

**"These foods don't simply
not contribute anything
in terms of nutrition;
they leave you worse off
nutritionally than before
you consumed them."**

White sugar

This refined white carbohydrate *has* to have a category all of its own. White sugar has all of the problems of the other refined carbohydrates, and more. Everyone knows it is linked with diabetes but fewer realize that it also has a strong detrimental effect on the functioning of the brain. It can cause anxiety, difficulty concentrating, mood swings and even a state of intoxication in sensitive individuals.

The difference between sugar and the less socially-acceptable mind-altering drugs is one of degree rather than kind, since it causes not only intoxication, but also the same highs and lows, addictive behaviour and withdrawal symptoms as they do.

In several studies involving prison inmates and young offenders, marked improvements in behaviour and disposition were observed when refined sugar was removed from the diets of the subjects.

In addition to its effects on the brain, refined sugar suppresses the immune system, feeds cancer cells, weakens eyesight, and accelerates the aging process. And, as is the case with all empty carbs, consistent heavy consumption causes a constant leaching of nutrients from the body.

Sugar is found in many packaged and processed foods – not just obviously sweet ones, but also ready meals, pizzas, breads, soups, ketchups and sauces, among others. Even "slimming" products are often loaded with sugar. In 2004, the UK Food Standards Agency found that a leading brand of weight-loss drink contained a staggering 61.9% sugar.

Little surprise, then, that average refined sugar consumption in the UK has increased by a third in the last two decades and now stands at 1.25 pounds a week, or 65 pounds a year. This compares to an average consumption of 100 pounds a year in the US, where citizens were told in a 2002 report (by the US National Academy of Science's Food and Nutrition Board (FNB), a body responsible for making nutritional recommendations to the nation) that they can eat up to 25% of their calories as refined sugar. The FNB clarified that this was "not a recommendation to eat 25% of calories as sugar, but an absolute ceiling."

But given the harmful effects of refined sugar on the body, a wiser ceiling to aim for is zero. And with an ever-expanding range of natural sweeteners – including yacon syrup, agave nectar and lucuma, to name just three – this is now a realistic goal, even for those of us with an irredeemably sweet tooth. ■



Beauty comes from within

The key to your best
health and looks?
Achieving the perfect bowel
movement,
says Tonya Zavasta.

This morning I left the bathroom feeling euphoric: I'd had a *perfect* bowel movement. I was so thrilled. I felt *good*. Not only that, but my body was telling me the raw food diet *works*! How I wanted to share this ecstatic feeling with someone.

I tried my husband. I told him everything. The shape, colour, and...gosh, dear, *no smell*! He looked at me. Straight. Square. I saw a scowl there. No one's look says *Nyet* like a Russian husband's.

I could spare him the details, he told me. "Too much information," he said, adding, "I think you are going dotty."

Apparently needing yet more Russian-flavoured rejection, I decided to call my mother in Moldova. Surely *she* would be as enraptured as I! Oddly enough, she wasn't. I'm as weird as my father, she told me, reminding me of the time Dad had worried her by talking about growing a new tooth when he was in his 70s. "The apple doesn't fall far from the tree," she said. "Who else but his daughter would be excited about a visit to the restroom?"

No outlet left for my fervour, I thought about *you*, dear reader! My readers, I knew, would *definitely* want to hear about this. So, folks, pull up a chair – or a stool, for that matter – and gather round.

Your external beauty is at its best when your internal organs are in the best possible shape, consistency and colour. Beautiful is not something extra the body needs: to be beautiful both inside and out is the natural state of one's body. The vitality of internal organs, working properly, transcends your skin and brings a radiance to your face. This is when beauty *does* penetrate the skin.

So when we admire sparkling eyes, fabulous skin and lustrous hair, in a way we are admiring the teamwork of a healthy liver, colon, kidneys, and so on. How profound the direct meaning of the phrase "beauty comes from within" really is. Many negative skin conditions, such as acne or rosacea, are not skin problems, they are gut problems. So if you want to have a beautiful complexion, achieving an ideal bowel movement is a good place to start.

And here I'm going to tell you about the ideal bowel movement. I am calling it an "ideal" movement because, in my research, I found that there is simply no consensus about what is "normal" bowel movement wise. There are *levels* of normal, and every person is going to have a different level.

Your digestive system breaks down food so it can be absorbed into the bloodstream and delivered to the various parts of your body. A bowel movement, properly considered, actually starts with your first bite. When you swallow your food, it goes down the oesophagus and into your tummy. The stomach is about the size of a clenched fist, and enlarges the more you eat. An adult's stomach holds about one litre of food, a child's just a little bit less.

Here your food churns around for two to four hours until it is broken down into a soupy mush called *chyme*. Chewing, saliva, peristalsis (the involuntary contractions of gastrointestinal muscles), bacteria, hydrochloric acid, digestive enzymes, bile and other secretions all work to give each meal the consistency of pea soup. Digestive cells absorb sugars, starches, fats, vitamins, minerals and other nutrients, while waste products continue travelling down the line.

The chyme is gradually squeezed out of the stomach and through a long, coiled tube – the small intestine. Here the mashed food that you've eaten is absorbed into the bloodstream and the remainder passes on into the large intestine. The small intestine

is more than three times as long as the whole body – in an adult, about 21 feet long!

Your food may spend as long as four hours in the small intestine, where it becomes a thin, watery mixture. The small intestine breaks down the food even more so your body can absorb all the nutrients. The small intestine extracts nutrients with the help of the pancreas, liver and gallbladder. These organs send different juices to the small intestine, helping it to digest food and allowing the body to absorb nutrients. Your pancreas produces juices that help the body digest carbohydrates, fats and proteins. Your liver makes bile, which helps absorb fats into the bloodstream. The gallbladder serves as a warehouse for bile, storing it until the body needs it.

Nutrient-rich blood flows directly to the liver for processing. Your liver filters out harmful substances and wastes, turning some of this waste into more bile. The liver even helps figure out how *many* nutrients will go to the rest of the body, and how many will stay behind in storage. For example, the liver stores certain vitamins and a type of sugar your body uses for energy.



"Your external beauty is at its best when your internal organs are in the best possible shape, consistency and colour."

The leftover waste – remnants of the food that your body can't use – goes on to the large intestine, or colon. At 2.5 to 4 inches around, your large intestine is fatter than the small intestine and is almost the last stop in the digestive tract. Like the small intestine, it is packed into the body, and would measure 5 feet long if you spread it out. The whole path from the mouth to the anus is about 30 feet long.

In the colon, the body gets its last chance to absorb water and some minerals into the blood. All the leftovers are combined in your colon, packed together, and partially dehydrated. As water leaves the waste product, what's left gets harder and harder as it keeps moving along, until it becomes a solid. What remains – our faeces – consists of water, indigestible fibre, undigested food (such as small seeds), sloughed-off dead cells, living and dead bacteria, intestinal secretions, and bile.

Bowel Transit Time (BTT) is a measure of how long it takes food to pass through your digestive system from one end to the other. BTT varies from one individual to the next. If you put beetroot in your juice or eat blueberries, you can determine your own BTT. Simply calculate how long it takes the red or black colour to show up in your stool. If food travels through your body too quickly, not enough nutrients get absorbed. But if it travels too slowly, the pressure in your intestines increases and excess toxins are absorbed instead of being eliminated. >>



"If you want to have a beautiful complexion, achieving an ideal bowel movement is a good place to start."

Worn-out red blood cells in bile give human excrement its distinctive brown colour. A healthy stool should be medium to light brown. It should be well formed, cylindrical, fairly bulky, somewhat textured, and easy to pass. And it shouldn't smell – much. At the very least, you should find no strong, pungent odour.

If your stool is dark in colour, it's been in the colon longer than it should have been. Exception: when you've eaten some type of food that is very dark and it's obvious that what you're seeing is only a colour thing. Remember, your stool is composed mostly of dead bacteria, sloughed-off dead cells, and some fibre that has not broken down. Dead bacteria are light brown, and healthy stool displays this light brown. Other colours can indicate the presence of undigested food or, in more serious cases, blood. Stool can also be off-colour as a result of taking medication or vitamins.

A healthy digestive system produces stool with no sign of undigested food. Undigested food particles usually mean accumulated debris is preventing proper digestion. There should be no mucus in your stool. During the detoxification phase, as you move nearer a more fully raw-foods lifestyle, you'll most likely see some mucus in your stool. However, in most healthy digestive tracts, mucus is not present in or on stool.

When you eat meat, dairy and a lot of cooked food, your bowel transit time is too long. Water and toxins are pulled out of the faecal matter and absorbed through your colon wall. This makes your faecal matter stiff and hard. Your colon will now have a tough time moving this hard faecal matter through its sections and out of the rectum. You'll literally feel this result as you go about your business – the result is a great deal of puffing, grunting and groaning in the bathroom.

If you eat raw foods, it's about 24 hours after swallowing your first bite that faeces are pushed out of the body. To determine whether your bowel movement is healthy, look at its colour, smell, the difficulty of evacuation, and degree of hardness.

Experts disagree on two stool characteristics: the number of pieces and their buoyancy. Sadly, most of them do not have the first-hand experience with the raw foods lifestyle that would inform them of the highest degree of normalcy for bowel movements.

After being raw for 12 years now, I believe I have a *perfectly* working digestive system. (Okay. Now. For the squeamish, here's where to brace yourselves...) The stool is one long, smooth evacuation if the colon is not spastic, impacted, constipated or dehydrated. Each bowel movement should be in one piece, about the shape of a well-formed log, tapered at the end. Some websites say it should be of the size of a banana. From my experience, the product of a good, cleansing bowel movement is much longer,

more like two bananas end by end. This makes perfect sense because the stool should be an exact replica of the internal space of your colon.

Strive for a soft, smooth, snake-like stool between one and two feet long. If you think that is impossibly long, you're in for a big surprise when you stick to a raw foods lifestyle. One amusing aside: When I shared this fact with one raw food enthusiast, she looked concerned and asked, "Will I need a bigger toilet?"

Fret not, friends – your old standard "throne" will do.

This one- to two-foot length makes perfect sense. The typical colon is about five feet long, depending on the size of the person. If you're small like me, your colon may run as short as three feet.

Your stool's length should conform to the segment lengths of a clean and healthy colon. Each of the colon's three distinct anatomical segments – ascending, transverse, descending – is about a foot long. Passed stool tends to break at these segment junctures. So your stool should be at least one foot long. A person six to seven feet tall might have a colon about six feet in length. So that tall person's stool should be about two feet, the length of the descending part of the colon.

What, then, if your stool is much shorter? A shorter stool usually indicates the colon is unable to process food properly and that the stool produced lacks the right moisture balance. Your stool's diameter should be roughly 1.5 to 2 inches. A smaller diameter indicates constriction, perhaps due to a deformed colon or to accumulated layers of encrusted mucoid matter. A larger diameter indicates poor colon muscle tone – likely from a lack of fibre in the diet.

Floaters or sinkers? One school argues that stools should float. Some experts say buoyancy is a sign the body has absorbed the minerals in the food and that these nutrients are not contained in the waste. Another camp believes healthy bowel movements should touch bottom because of their bulk and fibre content. Yet a third group believes that buoyancy is not an issue – your poop can sink or swim so far as they're concerned.

In my experience, a healthy stool half-floats and half-sinks. Stool that floats high, right on the surface, is usually filled with undigested fat or gas from fermentation. Stool that sinks fully usually includes undigested minerals or is compacted from lack of moisture.

When you eat raw foods, a bowel movement should be an easy thing, taking no more than a minute. If you're in there for more than five minutes, pushing and squeezing to have a painful bowel movement, then you're constipated. Consistent straining to have a bowel movement leads to haemorrhoids, varicose veins and fissures. There are those who will tell you that hard stools mean

you have not been drinking enough water. In my experience, this is not true of people who follow the raw foods lifestyle. I do not drink any water and my stool is never hard. This is again to show how the rules for eaters of cooked food simply do not apply to those who eat 100% raw.

After a stool is formed inside you, you'll feel the urge to "go." You should have one bowel movement roughly 24 to 36 hours after every meal, or three a day if you eat three meals. (On a 100 percent raw food regime, you'll find it's almost always just about 24 hours.)

Your first bowel movement should take place in the morning when you wake up or soon after you have had breakfast. Typically, you should experience the urge for a bowel movement 20 to 30 minutes after you eat. The other bowel movements should be during the day. If you eat two or three meals a day and have one bowel movement, then the second and third meal are backing up in your colon, staying there too long and, over the long haul, inviting disaster from toxicity.

Your stool should not be messy. You should find no smear and almost no faecal residue on your toilet paper. Imagine what you'll save—no more minivan-filling 84-roll bundles! But please, don't short yourself, lest you be farther afield from the ideal than you think. Even after 12 years 100% raw, I do not have an ideal stool all the time.

Little need of toilet paper is a good indication that no faecal matter is left sticking to your colon walls. Remember...movement of the bowels is really the elimination of all faecal matter that passes through your colon from the food you've eaten in prior meals. Let me talk plainly for a moment: If poop sticks on your paper, it most likely will stick to the interior wall of your colon. Get "unstuck" through good eating practices, and you'll not need expensive "bidet" toilets, either. On raw foods, life gets easier and easier.

However, it might be *years* before you have your *ideal* bowel movement. Just take my word for it: it is worth striving for.

When you begin to eat mostly raw foods and the detox effect kicks in, you might see the most awful things in your stool. (Check on the internet...many colon hydrotherapists' websites display galleries of coarse pictures of the most awful bowel movements – but they are not for the faint of heart!) If your colon is toxic, you might temporarily see loose, clumpy, mucus-covered stool or even the most weird stuff leaving your body. This should be temporary.

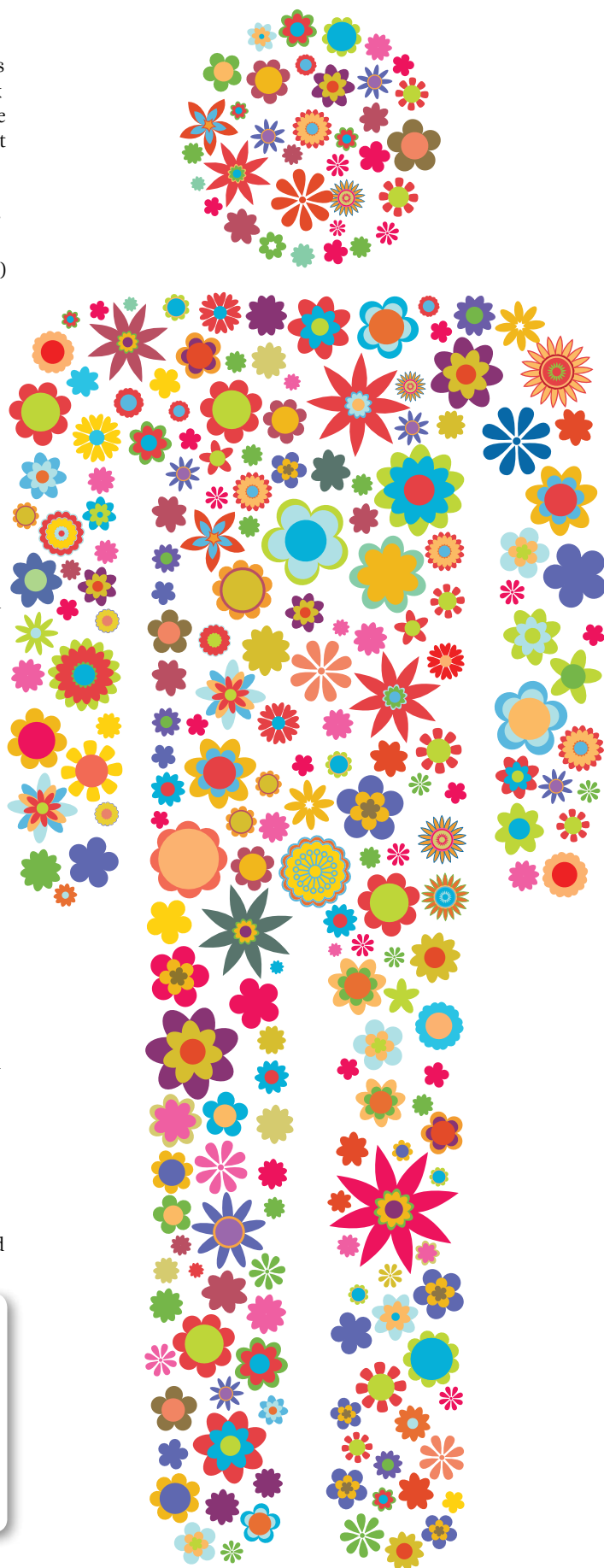
And don't, as they say, "sweat the small stuff." It's time for celebrating! Your colon is cleansing itself, thanks to an ever-improving raw foods diet. These petty annoyances are a good sign you're getting healthier and healthier.

Well, enough for today! Do excuse me, won't you? I'm off to the...uh...*powder room*. This is one type of enjoyment no one should miss. ■



Tonya Zavasta

is the author of *Your Right To Be Beautiful*, *Beautiful On Raw*, *Quantum Eating* and *Rawsome Flex*. For more information or to order Tonya's books and other beauty products go to beautifulonraw.com.





Left: Jennifer 40 weeks pregnant with eldest daughter Jana

Right: Jennifer holding twins Ananda (left) and Naia (right) with husband Adam holding Jana

Raw creation

The benefits of a high-raw pregnancy and a holistic approach to pregnancy and childbirth, by Jennifer Wright-Kleinberg.

The 40 weeks or so of the average pregnancy are a time of enormous creative potential. A mother has remarkable ability to affect her child's disposition, health, emotional stability and even genetics by the choices she makes and the world she experiences. There are many wellness practices one can choose to ensure the optimal development of one's baby.

In my own life, the primary practices that I choose for wellness become even more important during pregnancy. These practices include regular meditation, chiropractic care, exercise and stretching (or yoga) and a high-raw vegan diet. I have had both a vegetarian and a vegan pregnancy, the latter of which was high raw and with twins! Even though I was pregnant with two babies, I had more energy and better overall health on the high-raw vegan diet.

A common misconception about vegan and raw vegan pregnancy is that the mother and baby will not gain enough weight. Currently, the accepted weight gain for a woman of "healthy" weight and BMI (Body Mass Index) is about 24 lbs. Most raw vegans tend to have a relatively low BMI. Medical practitioners may recommend that they gain more weight. I was instructed by my midwives to gain about 35lbs to 40lbs! This was laughable to me since my weight gain for both pregnancies was slow, continuous and stable. I was clearly "all baby". With my first pregnancy I gained 16 lbs. And in my second, with twins, I gained 26 lbs.

Both pregnancies produced very healthy, bouncy and particularly alert babies and recovery was very quick. My first-born, Jana, weighed in at 7lbs 6oz and the twins, Naia and Ananda, were 4lbs 9oz and 4lbs 13 oz respectively. Had they remained in utero for the remaining six weeks they would have undoubtedly reached at least 6lbs to 7lbs each. Jana was born at home and was nursing within 30 minutes. For the twins, the time span from birth to breast was longer as they were premature and needed attention, but their health and my recovery of only a few hours stunned the medical

staff at the hospital. I had no tears or bruising, and a flat stomach within two days of their birth. I felt incredible. Despite being born six weeks early the twins were big for their age and eating well.

One of the best parts of being pregnant the second time around and on a high-raw vegan diet was how well I felt. *Really*. I had very few "pregnancy-related symptoms" even though I am told that with twins you can expect to experience twice the discomforts. Most days I felt alive and energetic. Working out until the day I went into labour and chasing around my 1-year-old surprisingly felt really good. I had ample energy that enabled me to attend culinary school, model and start up a business.

As soon as I ate anything with sugar or processed carbohydrates I felt awful and spent the rest of the day on the couch, or grumpy and moody. I found that I felt best on high greens with some fruit and a smaller amount of nuts and seeds. I made nut milks daily and enjoyed the process. All this being said there were a few times when I really felt that I was missing something and found listening to my body's cravings beneficial. Pregnancy is not a time to take a strict or dogmatic approach to diet. It is important to be in tune with, and loving to, your body.

Pregnancy and birth have progressively become less of a rite of passage for women. Once it was considered a time of expansion and intuition was valued. Now it is an industry of suppression, fear and disempowerment. We've lost much of our innate connection to nature through modernization and technological dependency. Slowly, women are taking back their power. This is obvious by the returning popularity of midwifery, natural home birth and a healthy, whole living foods-based diet. No one can dispute that consuming clean, nutrient-rich food will inevitably grow a healthier, more in-tune and emotionally-connected human being. ■

A large, dark silhouette of a pregnant woman is positioned on the right side of the page, facing left. The silhouette is filled with a dark, textured pattern. The background is a light, solid color.

Seven important suggestions to consider

Your body holds within it an infinite intelligence far superior to the intellect of the world's greatest genius

We are only scraping the surface of understanding the dynamics of the human body. No two people are exactly alike and so diet and lifestyle approaches that are perfectly healthy and sustainable for one person may not be ideal for another. It is important to keep in mind that what helped you feel and function your best prior to becoming pregnant may not be sufficient nor even healthy during those 40 weeks. A woman's intuition is acute at this time and it is important to sleep, eat and take care of one's body in accordance with this intuition.

Find a practitioner that is in line with your core beliefs and practices

Whether your ideal birth is in a hospital room with modern conveniences or in your home surrounded by family and friends, it is your right and your baby's birthright to have the experience you desire. Having a practitioner that understands and respects your choices and philosophies will help you have an optimal pregnancy and birth experience.

Don't be afraid to ask questions and do your own research

"Pregnancy and birth" has become an institution surrounded by fear and dogma. There is plenty of research supporting a diet high in living foods for pregnancy, as long as the mother is in tune with her body's needs. Your practitioner should be able to provide you with logic and reason for all of his or her suggestions. If a recommendation does not seem logical or reasonable, or you simply do not feel right about it, look into it yourself. We decided against any tests or scans as we felt they had no real relevancy to our particular situation. We did our own research and produced reliable resources to back up our views.

"First an idea is ridiculed, then it is violently opposed, then it is accepted as self-evident" – Arthur Schopenhauer

Since the 1960s vegetarianism has moved from ridicule to acceptance as a healthy diet. In the 90s the vegan diet became

part of the mainstream in the US and is gaining acceptance as healthy within the medical community. Just having the growing support of the medical establishment for a vegan pregnancy is an incredible achievement. Now, in the last five to ten years we have seen the popularization of the living foods diet. Like all relatively new ideas it will be some time before the mainstream receives enough research to proclaim a diet high in living foods as not only healthy, but superior for providing the body with essential nutrition and optimal energy.

Pregnancy is not a time to start a new diet

But if you are not currently enjoying a healthy and balanced diet high in living foods you can start incorporating more fruits, vegetables, nuts and seeds easily. Adding in one raw meal in place of a cooked one per day will help you feel and function better. Consume fruit when you have cravings for sweet foods and satisfy cravings for salty ones with marinated nuts and seeds. If you have a persistent craving it is wise to heed it.

Get support!

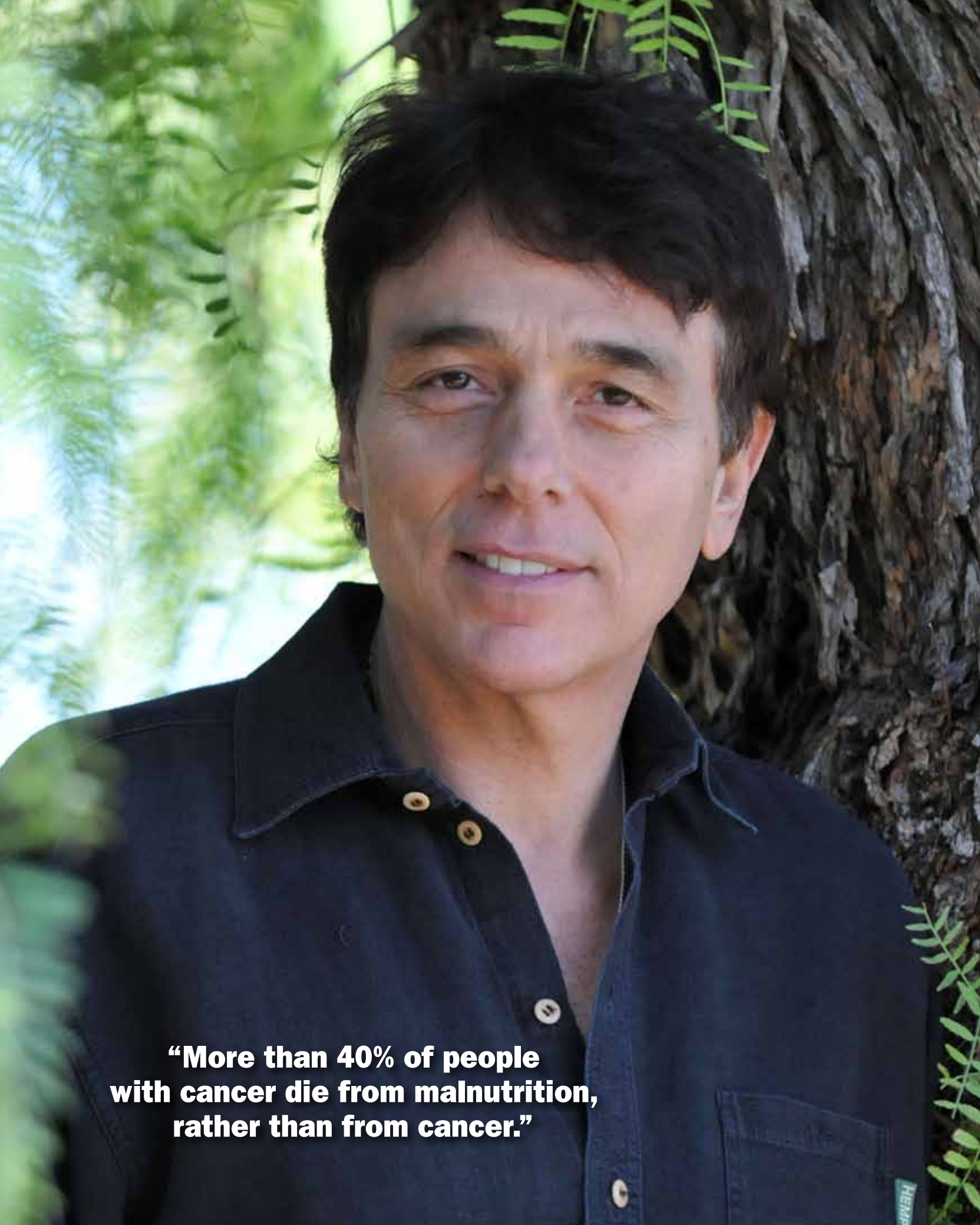
Not everyone is blessed with loving, supportive and knowledgeable friends and family. There are excellent resources available to you on the Internet. If you are not a member of a raw food community support group, look to see if there is one in your area. Read as much information as you can and seek out therapies that support your philosophies and changing body.

Enjoy yourself!

Relatively speaking, pregnancy is a very short time in your life. You will never again be able to experience today, tomorrow or the birth of your baby. Every mother experiences highs and lows, days that she feels wonderful in her expanding body and days she avoids the mirror like the man at the bar with a sore on his lip. Embrace every moment and every feeling and own it.

Jennifer Wright-Kleinberg

is the founder of Empress Organics, the first developer of a living hemp-based formula for infants and toddlers. She is also a living foods chef and chef instructor, having graduated from the Living Light Culinary Arts Institute. Jennifer has recently appeared on the cover of *Pregnancy* magazine and on the ABC television show *View from the Bay*. To learn more please visit empressorganics.vpweb.com and her family website adamkleinberg.com.



**“More than 40% of people
with cancer die from malnutrition,
rather than from cancer.”**

The medicine man

Thomas Lodi, M.D. has a cancer clinic in Arizona where he combines the best alternative therapies with the best conventional ones. Here he talks about his methods and shares health information that is essential reading – whether you have a cancer diagnosis or want to prevent one.

Introduction and interview by Sarah Best.

It is estimated that 1 in 2 men and 1 in 3 women in the Western world will get cancer during their lifetimes. Nearly four decades after U.S. president Richard Nixon declared “war on cancer” in 1971, and despite the billions spent since then researching potential “cures”, more people are getting cancer than ever before, and more people are dying from it than ever before. Why? More people are getting it because of the way we now live and more people are dying from it because despite all that money and medical research, mortality rates remain unchanged.

Against this grim backdrop, for those who know where to look, numerous raw and living foods centres are busy educating patients about cancer prevention and recovery. It’s all anecdotal, of course, but cancer patients who are lucky enough to find themselves at one of these places seem to fare much better than those who go the conventional route. One such centre is unique in that it is also a fully-equipped cancer clinic, staffed by a team of doctors and nurses: the “An Oasis Of Healing” clinic, in Mesa, Arizona. Mesa is a suburb of Phoenix and the clinic, located in a quiet residential district, is the inspiration of Thomas Lodi, M.D.

Lodi practises under a homeopathic licence at the clinic, but he is also a medical doctor of 24 years’ experience, and a member of many professional bodies, including the American Society of Clinical Oncology. He is a passionate advocate for natural living and holistic healing whose email signature reads, “Health is our greatest treasure. It must be guarded more preciously than gold.”

He both looks and comes across as someone much younger than his 57 years. He is a raw vegan and a teacher of the power of raw foods and raw juices, colonics and other complementary therapies. It is not unusual for late-stage cancer patients with seemingly hopeless prognoses to arrive at his clinic horizontal and to leave not long after, healthy and full of hope. Here, he shares his views on cancer – its causes, its treatment and its prevention – and also on health and human potential.

Let’s consider conventional cancer treatment first. Obviously, it’s not working in the majority of cases. Why not?

The three aspects of healing cancer are: stop making cancer, selectively target and destroy cancer without harming the patient, and stimulate and rebalance the immune system. Conventional medicine does none of those things. It is based solely on aggressive, non-specific or non-targeted methods to kill cancer

cells which often end up killing the patient first. At the clinic, we take very seriously our Hippocratic Oath, “First, do no harm”.

How, specifically, do the standard treatments of radiation and chemotherapy harm the body?

Radiation, no matter how “thinly sliced” (for example, Cyberknife), results in collateral damage to adjacent tissues and can result in severe complications depending on the organ system affected. Very often these are mortal wounds, albeit later on. High-dose chemotherapy not only adversely affects cancer cells but every cell in the body, not the least of which are the immune cells. If we significantly harm the immune system in our efforts to destroy the cancer, we will have done a great, and perhaps fatal, disservice.

If a person survives chemotherapy, their hair will grow back and they will often be restored to normal appearance but they will also often get either recurrences or new primary cancers due to the fact that their immune system has been devastated. What most people don’t know is that the average person of 60 has had five or six bouts of cancer during their lifetime but it was effectively resolved by the immune system without the person even realizing that there was a problem. The cancer is usually in a very early stage and is not diagnosable by our primitive means, and good that is! Had they been diagnosed, they may not have made it to 60 years of age; they may have undergone conventional treatment which carries a greater than 50% mortality rate.

Given that statistic, it seems especially wrong that people diagnosed with cancer are often told by their doctors that they have to start treatment right away – in other words, they are scared into allowing something that is inevitably going to be very harmful to their health, instead of being given the time to consider their options.

Yes. As patients, we need the time to do our own research. If you were going to buy a new car you’d do some research first, wouldn’t you? Think about this: when a doctor says to a patient, “If you don’t do what I say, you’ll be dead in six months,” what is he basing that on? Say he tells 100 people that, and 80 come back and 20 don’t. The 20 that don’t – he has no idea what happened with them, but we do because some of them present themselves at our centre a few years later – alive, albeit with advanced disease. It is also interesting to note that these people have fewer metastases [incidences of the cancer spreading to another part of the body] ➤➤

than we see with those who underwent chemotherapy and radiation prior to coming to us – and in some cases *no* metastases.

You mentioned earlier on that the average person of 60 has had several episodes of cancer that the immune system resolved. What is the difference between cancer that the immune system can take care of, and cancer that has become life-threatening?

The difference is that the toxic load has overwhelmed the immune system's defensive capabilities to such a degree that the cancer cells, which do not die, will keep multiplying until organ disruption and death occur. For this reason [the "immortality" of cancer cells] it is imperative to stop producing more cancer cells, to stop the lateral and distant spread through non-toxic interventions, and to destroy the cancer cells that are causing biochemical and physiological dysfunction.

“When oncologists are surveyed anonymously, 70-80% admit they would not do the treatments they prescribe on themselves or their families.”

At your clinic you practise “integrative oncology”, which combines both alternative and conventional healing modalities. Could you outline what this involves, specifically?

We are the only cancer clinic in the United States that integrates raw foods, juices, detoxification and other alternative therapies with different medical treatments. What we do here is remove the impediments to healing and provide the raw materials necessary for producing new, optimally functioning cells.

Our most important role is to teach people how to stop making cancer, and to provide a loving and supportive environment for healing. But, when necessary, we also administer very targeted yet modified conventional therapies that target and destroy cancer, while other therapies enhance immune function. Everything we do here is founded in science and direct, clinical experience. We can't just begin using some modality we “heard” is getting “good results”. It must be scientifically sound. That's my allopathic background.

We use ozone, hydrogen peroxide and other oxidative therapies as well as intravenous vitamin C, at doses designed to achieve plasma levels known to specifically destroy cancer cells while enriching normal cells. In some cancers, on the edge of the tumour there are cells getting “recruited” to the cancer side. We use a technique that opens those cells, and then we flood them with essential nutrients to allow them to be restored to normal.

Many studies in respected peer-reviewed journals show that if you give high doses of antioxidants 48-72 hours prior to chemotherapy, the result is increased killing of cancer cells and protection of healthy cells. Yet despite this, many doctors still tell their cancer patients not to take antioxidants because of the disproven fear that they will protect the cancer cells.

We put most of our patients on a three-week green juice feast when they arrive, meaning that they drink three or more quarts [litres] of fresh green juice a day. Colonics are an essential part of

the programme. We do full colonics three times a week. Enemas clean the sigmoid and descending colon but not the caecum, which is a pouch in the ascending colon on the right of the body. If that's not cleansed through colonics or prolonged fasting, it may not empty for decades.

People often report foods coming out during colonics that they haven't consumed for many years – for example, the female patient who hadn't eaten corn for 20 years and was amazed when it came out of her during a colonic. Furthermore, lymphatic massage, structural reintegration and yoga are other essential aspects of the programme.

When you say you put patients on a green juice feast, do you mean that they consume only juice for a period?

Fasting is “nature's cure” and although this is not a fast, it does allow most of the bowel to rest, or fast, so that the immune system can be redirected to fighting cancer. So yes, only juices, unless they are cachectic – meaning late stage and losing muscle mass daily, in which case they'll also have some healthy oils and plant protein. Most everyone else enjoys a juice feast during their first three weeks. During this period, colon hydrotherapy is provided two to three times per week since the fibre, which stimulates bowel motility, has been removed from the plants during the production of the juice.

Why are the green juices so important?

A quart of green juice contains an armful of kale, dandelion, spinach and other dark greens. We add low-glycaemic fruits – lemon plus pears or green apples – to enhance taste. By drinking three quarts of this a day, you are flooding the body with vast amounts of phytonutrients and minerals; more than the average person consumes in two years.

The pigment in dark greens is chlorophyll and at the centre of every chlorophyll molecule is a magnesium ion. Magnesium is an extremely alkalizing mineral, and cancer is an acidic condition. So if you're drinking several quarts of this green magic every day, which still has its bioelectric charge, your body is being restored to a condition in which it can heal. Even if someone has chosen to go the conventional route, as long as they drink green juices they'll suffer less collateral damage from chemotherapy and/or radiation.

More than 40% of people with cancer die from malnutrition, rather than from cancer, so nutritional therapy is an essential component in any comprehensive approach to cancer treatment. A moderately healthy nutritional programme can increase life expectancy as well as increase the potential for complete remission. An optimally healthy nutritional programme has even more spectacular results and rewards and, when combined with active detoxification, not only is cancer no longer produced but the immune system becomes available for defence, as nature intended.

How important is it that cancer patients follow a raw diet?

It's very important, not only to ensure optimal nutrition and immune functioning but also to preserve pancreatic enzymes, which begin protecting us from cancer at six weeks of foetal age. When you continually destroy the enzymes in your food through heat, the pancreatic enzymes lose their ability to destroy cancer, so one of the best practices to develop is to allow the pancreas a rest by eating raw.

No other creature thermally degenerates its food before eating and no other creature suffers from degenerative diseases (except our poor, domesticated, cooked-fed pets). Take tomatoes – they

have the perfect amalgamation of vitamins, minerals, enzymes, fibre, phytonutrients, antioxidants and bioelectric life force. What remains after cooking is some relatively non-bioavailable minerals, denatured vitamins and altered phytonutrients.

It is established that sugar feeds cancer cells. Do cancer patients need to avoid fruit?

No, although the diet we put cancer patients on is very low-glycaemic. Glucose isn't a problem per se but abrupt increases (spikes) in the blood levels of glucose are. Eating a slice of chocolate cake, some sweetened cacao, a bunch of grapes, or three or four bananas will cause a spike. Anything that spikes blood sugar will stimulate the pancreas to produce insulin. The cells with the most insulin receptors – i.e. cancer cells – will grab the glucose and feed first. Green apples, pears, all the berries and of course grapefruits and lemons don't produce a spike, so we tell patients to stick to those fruits until the body is rebalanced, then they can eat other fruits.

I imagine that education is a very important part of the programme?

Yes. Our purpose is to inspire, teach and guide. The true meaning of the word “doctor” is “teacher”. Our goal is to teach people never to need another doctor for the rest of their lives. We must instill the habit of reading and ensure that the skills required to maintain health are well established. All creatures are plugged into the wisdom of Nature through instinct which we, unfortunately, had replaced through the enculturation process during childhood.

We are a healing centre, not a treatment facility where one goes to get passively treated. Our real function is to inspire people to take back their birthright: *health*. So one of the most important things that happens for our participants is that they experience health. Most have long forgotten what it feels like to bounce around like a young child overpowered with the joy of health. People feel so much better after they've been through the programme that they often decide that no food is worth giving this up for.

By the way, we have observed a very interesting phenomenon that we've named “second-hand health”. Spouses who support their partner by participating in the detoxification and nutritional programmes are finding that *whatever* “disease” they might have had is gone. As John Tilden, M.D., wrote in the book *Toxemia Explained*, “There is only one disease; it is called toxemia”. Patients also find that it's not only their cancer that leaves. For example, a man came to us with prostate cancer and six weeks after he began, he came into my office joyfully crying and said, “You didn't tell me my headaches and my arthritis would go away too.”

Have you compiled statistics regarding your success rates at the clinic?

No, because there are too many variables involved for those to be meaningful. But when we check in with our former patients, the ones who are still living after many years are those who embrace the lifestyle changes (i.e. don't “tolerate” them but view them as a blessing), have loving support from family and/or friends, and learn the ultimate test of being alive – surrender.

So mental attitude is very important?

Yes. Some people's minds direct them towards disease and those are the cases that are hardest to help. No matter whether they're stage 1 or stage 4, the most important thing is that they surrender to the fact that cancer is here and it's the body's extraordinary effort to protect them. What is happening is an absolutely important and divine consequence of what's occurred before.

We teach them to not perceive cancer as something “bad” but rather as an absolute blessing as it will enable them to have a fulfilling life and become an inspiration to people around them. That requires surrender. It's like when you are planning to have a picnic tomorrow but you wake >>



up and it's raining outside. You can stay in and sulk if you want, but what would a child do? A child would be outside playing in the rain. We need to suspend our agenda of how it's "supposed" to be.

Many times I've seen the spouse of a patient die before the patient – for example, from a heart attack or automobile accident. None of us has a contract for tomorrow. *Now* is our moment. Yesterday and tomorrow are mere imaginings. Terminal illnesses, especially cancer, remind us of that. They provide the blessed opportunity to live in the present. So mental attitude is very important, and I see absolute sustained healing when body, mind and spirit are in alignment.

The “selective targeting of cancer cells” part of your approach includes chemotherapy. This is very unusual for a clinic that offers such a comprehensive programme of raw foods and holistic healing – in fact, I don’t know of any other clinic that combines all of these in the way you are doing. Could you explain why you use it?

Chemotherapy is “cytotoxic”, meaning it kills cells. If someone has cancer cells that have multiplied to such an extent that the body won't be around for much longer if they keep multiplying, it is time to take aggressive action but in a rational manner by doing as little harm as possible. In advanced cases where we need to shrink tumours quickly – for example, an obstruction in the gastrointestinal tract due to a tumour – we use a method which harnesses the benefits of chemotherapy while greatly reducing the side effects.

When chemotherapy is administered conventionally there's no selective uptake by the cancer cells; it is distributed throughout the body which results in destruction of healthy cells as well as cancerous ones. If someone's getting a rooming dose, 5mg might go to the brain, 5mg to the heart (and so on), and perhaps only 5mg to actual cancer cells. Widespread toxicity has occurred.

We administer approximately 10% of the conventional dose of chemotherapy. Insulin Potentiation Therapy, Low Dose (IPTLD) permits the powerful cell-killing effects of standard chemotherapy by utilizing insulin to target cancer cells. The result is tumour shrinkage and resolution without severe toxicity.

How does it work?

Cancer cells require approximately 20 times more glucose than normal cells. In order to extract that excess glucose from the blood, they “grow” extra insulin receptors which “open the door” for glucose entry. There is a whole multitude of effects upon cells when insulin binds to them and one of these effects is that the cells become more permeable. Once the “doors” have been opened by the insulin, we administer small amounts of the appropriate chemotherapeutic drugs.

Much of what we administer [i.e. approximately 10% of the conventional dose] enters the cancer cells and not the normal cells. Consequently, most of the side effects associated with chemotherapy are either absent or minimal using these methods.

A useful analogy: a conventional oncologist finds out that there is a burglar in the kitchen, so he throws a hand grenade into the kitchen. We find out that there is a burglar in the kitchen so we inject some poison into a mosquito and send it into the kitchen. We get to keep the kitchen. Furthermore, if the burglar escapes through an open window, having been bitten, he will not be back.

How do you know how much of the drug is getting into the cancer cells? Is there a way to measure that?

No, we have no way to measure that but I base this on measurable

results – negative PET scans, for example. We make full use of the imaging devices used in conventional oncology – MRI scans, PET scans and so on. We are not an imaging facility so we refer to colleagues in hospitals for those and certain other procedures. We also see tumour markers coming down and symptoms associated with cancer going away, such as pain or inability to walk. For example, I had someone with a tumour on his tongue which had gone into his lymph nodes. He had a solid, immovable apple-sized mass in his neck and after just a few weeks it had become walnut-sized, moveable and he was able to swallow and eat without feeling it.

“I’ve had people who were so sick they’d have been dead in less than a week who were able to be turned around.”

How is it that a modality like this exists yet only a handful of alternative clinics are using it and everywhere else these toxic drugs are being injected into sick people without anything being done to target them, nor to mitigate their devastating and often fatal side effects? Why aren't there more doctors using this modality, and are you surprised there aren't?

I'm dumbfounded. I would estimate that 50% of oncologists have heard of it. When oncologists are surveyed anonymously, 70-80% admit they would not do the treatments they prescribe on themselves or their families. We've had oncologists send their spouses to us, when they are giving regular chemotherapy to their patients. I think that's bordering on mercenary. It's no longer just ignorance or negligence.

In my view it is incumbent on oncologists to research this. Insulin is a natural, God-given way of targeting cancer cells. I consider it a rational use of chemotherapy. But what is considered “standard of care” (i.e. “best practice”) is whatever comes out in the medical literature and who funds this research? The pharmaceutical industry, which is unlikely to spend millions of research dollars to prove that 90% less of their approved product is required.

So have there been any peer-reviewed studies supporting the use of IPTLD?

There has been one peer-reviewed study in China and one in Uruguay by a prominent member of the American Society of Clinical Oncology. He took breast cancer patients and treated some with insulin only, some with Methotrexate [a chemotherapy drug] only and some with a combination of insulin and Methotrexate. The best results were for the combined use, of course. That study was not funded by industry but rather the government of Uruguay. Most of the research into ozone and hydrogen peroxide was also funded by governments – in the former Soviet Union, East Germany and Cuba. Results from research of this kind will, unfortunately, never impact the “medical literature” or “standard of care”.

Let's talk about your work in treating people with late-stage cancer; people with seemingly hopeless diagnoses, who have been told they have only a few months or weeks or even days to live. I understand they make up a large proportion of your patients?

That's correct. Because of the way the world is right now, most people diagnosed with cancer go down the conventional route out of fear. They come to me when conventional medicine tells them there's nothing further that can be done. I've seen so many people come here horizontal on a gurney, believing they are about to die, and walk out a few weeks later. One woman came here with a rare sarcoma on her leg. The tumour was about 35 pounds [nearly 16 kilos] and she was told she had only six months to live. Seven years later she is still alive. You can find many video and written testimonials on my website.

Is there a big difference between those who have and haven't gone the conventional route before they come to you in terms of how likely they are to get better?

The ones that haven't had conventional treatment get well so quickly it's amazing. I had a guy come in with stage 4 lung cancer, which has a very poor prognosis. He'd had no conventional treatment prior to coming, completed the programme and in five weeks his PET scan indicated no cancer.

We had a woman in her 30s with stage 4 breast cancer which had spread to her lungs and liver. She had been refusing conventional treatment and was at the point where she needed oxygen even while sitting. It took her 30 minutes to recover from using the bathroom. She was told to go to a hospice and that she was not going to be alive in a week. Eight weeks after starting with us, she was jogging to and from the clinic each day for her treatment. Even people with pancreatic cancer who have been treated conventionally – one of the most challenging scenarios of all – are able to be helped at our centre.

In conventional medicine, it is considered acceptable for a doctor to tell a patient that there is nothing further that can be done, and that they have X number of weeks or months to live. Do you ever do that with your patients?

No. Not when I've had people who were so sick they'd have been dead in less than a week who were able to be turned around. And anyway, I would never be so presumptuous as to predict when someone is going to die. When someone in a *white coat* tells someone that they have X number of weeks to live, they are not just predicting it; in many cases they're ordaining it. A pronouncement of this nature has such power that many people *will* die "on time".

But are there cases where you look at a patient and privately think that it's a hopeless case?

The only ones that I feel pessimistic about are people with multiple organ failure, many brain metastases or a primary glioblastoma [a form of brain tumour]. But it is *always* worth trying a sound treatment programme that focuses on stopping making cancer, selectively targeting cancer cells, and enhancing the immune system – even if it is only to improve quality of life. I would never tell a patient to give up. I've seen too many miracles.

I know readers will be curious about your background. Could you speak about that a little?

I never intended nor wanted to be a physician. I had a strong spiritual leaning so at the age of 19 I dropped out of UCLA and went to India. When I came back, I ended up pursuing psychology, as the closest thing in the west to the spiritual. I >>

Preventing cancer

The mainstream media and medical establishment would have us believe that cancer comes out of the blue; "strikes at random". And that beyond getting our "five a day" and avoiding the worst lifestyle habits (smoking, heavy drinking, becoming a regular at the local fast food restaurant...), there is nothing we can do to decrease our chances of getting it. But in reality each of us has enormous power to influence whether or not we get cancer. Here, Dr Lodi summarizes the most effective steps we can all take to stack the odds greatly in our favour.

A large proportion of the habits and behaviours that are considered "normal" in modern society increase the body's toxic burden, and anything that does that increases our chances of getting cancer. Many of the things on the first list below are not things we can avoid completely, but in most cases we *can* reduce our exposure to them. These lists are far from exhaustive, since there is not space to list all the substances and habits that have either been conclusively proven to influence our chances of getting cancer, or are strongly suspected to. But, in no particular order, these are some of the most important areas to pay attention to.

What to avoid

- Drugs, both pharmaceutical and recreational, including alcohol and nicotine
- Cooked food – especially: junk and processed food; all flesh, eggs and dairy products; refined sugar in all its guises; microwaved food
- Non-organic food
- Tap water or water from plastic bottles
- Skin, hair and body care products containing manmade chemicals
- Toxic relationships
- Negative emotions
- Stress, exhaustion and/or lack of sleep
- Electromagnetic radiation from cell phones (mobile phones) and wireless internet connections
- Mammograms, X-rays and other procedures involving ionizing radiation
- Amalgam fillings and root canals
- Living in a polluted, oxygen-poor environment such as a big city

What to include

- Live, water-rich raw vegetables and fruits
- Plentiful raw vegetable juices made with predominantly dark greens (you can enhance the taste by adding lemon and a little pear or green apple)
- Pure water, meaning either spring water (not bottled in plastic) or filtered water
- Regular colonics
- Yoga or Qigong
- Regular cardiovascular exercise
- Plenty of fresh air and sunshine
- Fun, laughter and loving relationships
- Meditation and other relaxation techniques
- Plenty of sleep. Get to bed before 10pm whenever possible and strive to make it possible often
- Massages, structural reintegration and other bodywork
- As much time as possible in natural environments with clean, oxygen-rich air

became a psychologist then realized I didn't know enough about biochemistry and pharmacology so I went to medical school. My journey was spirit-mind-body, though I was already vegetarian and following hygienic principles before I got to the "body" part.

How did that come about?

I had an uncle who was a big influence on me. He was vegetarian and living away from society. When I was 14 he handed me several books, including Herbert Shelton's *Health For The Millions*. At that point it was a very quiet realization – nothing like the strong conviction it is for me now. I was brought up in an Italian family, there were a lot of meatballs around and it took a few years to kick them! But once your eyes are opened, no matter how much you want to close them, you can't.

“It is interesting that we are branded as extreme, those of us who seek health in the only way it can be obtained.”

Is natural hygiene still a guiding philosophy for you?

That depends on how you define "natural hygiene". The hygienic movement was really strong from the 1850s well into the twentieth century. After Shelton, it became a bit fragmented, with some natural hygienists believing that humans are pure fruitarians. That diet is missing the wholesomeness of the varied diet the early writers in natural hygiene had.

Our natural diet parallels that of gorillas and bonobos: fruits, nuts and seeds but predominantly greens. Most people on raw diets need to eat more greens, because it's the only way to get enough minerals. People like the Hunzas, the Vilcabambans and the Abkhasians, who have been studied for their longevity and good health, live high in the mountains where crops are very mineralized.

What do you think they tell us about our potential for health and longevity?

In the West we have an accelerated aging programme. In these mountainous regions of Pakistan, Ecuador and Georgia, people who are over 100 and still very active are not unusual. In fact, they are often more agile and energetic at 100 than we are at 40! They are climbing in the mountains at 110, and men are fathering children at that age.

Health is best defined as "optimal functioning of the organism". But each species has to be in its niche to achieve that. A sea bass is not going to do well in a fresh-water lake. An elephant won't do well at the North Pole. An eagle won't do well in a bat cave. But when an animal lives within its niche, and all its needs are being met, optimal functioning is possible.

We don't know the optimal functioning of a human because nowhere in the world do we live the way we were designed to anymore. But I am sure that, *at minimum*, we would be peaceful, powerful, gentle and clean, as is our cousin, the gorilla. In addition, we were probably designed to live several times our

current maximum lifespan, but we won't get near that without several generations of very clean living, within our niche.

Could you share a little about what you eat and how you manage to stay healthy with what must be a very busy schedule?

What I do requires a lot of energy, a lot of mental clarity and the ability to deal with adversity. The only way I can do it is by the grace of the universe. I'm a raw vegan but sometimes when I'm travelling I eat something cooked. Whenever I go astray, even for one meal, I pay for it. It takes at least a week to get over it so it's just not worth it. But I have comfort foods – for example, banana with pumpkin seed butter. When you can have comfort foods that are healthy, why would you choose foods that are not?

When I'm eating the way humans were designed to, my mind, body and spirit are aligned. In addition, I get at least one colonic a week, sleep early and plentiful, read, meditate and luxuriate in music. When my life doesn't allow all of these, stress arises. Stress must be defined as, "not liking what is". Acceptance, on the other hand, is the attitude that says that whatever comes is divine and beautiful.

What are your top cancer prevention tips and cancer healing tips?

Health is our natural state of being! Once the impediments are removed and the raw materials and energy to rebuild the body are supplied health results. It is interesting that we are branded as "extreme", those of us who seek health in the only way it can be obtained. So: fasting, juicing, raw vegan diet, colon cleansing, exercise, sunshine, fresh air and water, plenty of sleep, yoga or Qigong, meditation and surrender to 'the way it is'.

The other really big deal is dental condition. If you have amalgams or root canals, get them removed. A really important book is *Root Canal Cover-Up* written by Dr George Meinig, who was actually on the team of dentists who invented root canals. If you have them, get them removed – there are methods to make sure the area is completely disinfected and at this time, the best available material for holding the crown in place appears to be zirconium.

Also, don't take anything you hear or read as gospel. *Do your own research!* A woman who starts getting "recommended" mammograms every year in her 30s is almost guaranteed to develop breast cancer. Breasts are composed of complex tissues with multiple metabolic functions so when these soft tissues are squashed and then irradiated, it would be improbable that no damage would occur. Would the doctors telling women to get mammograms squash and irradiate their testicles? Breast ultrasound is often used to confirm the results of positive mammograms so why not start out with this non-ionizing, non-toxic method of screening?

In closing, do you have any additional words of encouragement to offer to those readers who are dealing with worrying diagnoses?

No matter how seemingly hopeless the prognosis, when the person has loving support, welcomes the lifestyle changes, feels blessed to learn how to be restored to health, and surrenders to the Tao, Universe, God, Karma, Destiny, "The Way It Is", or whatever term or concept one prefers, what occurs is nothing short of miraculous. ■

For more information, see anoasisofhealing.com or call the clinic on (001) 480 834 5414.



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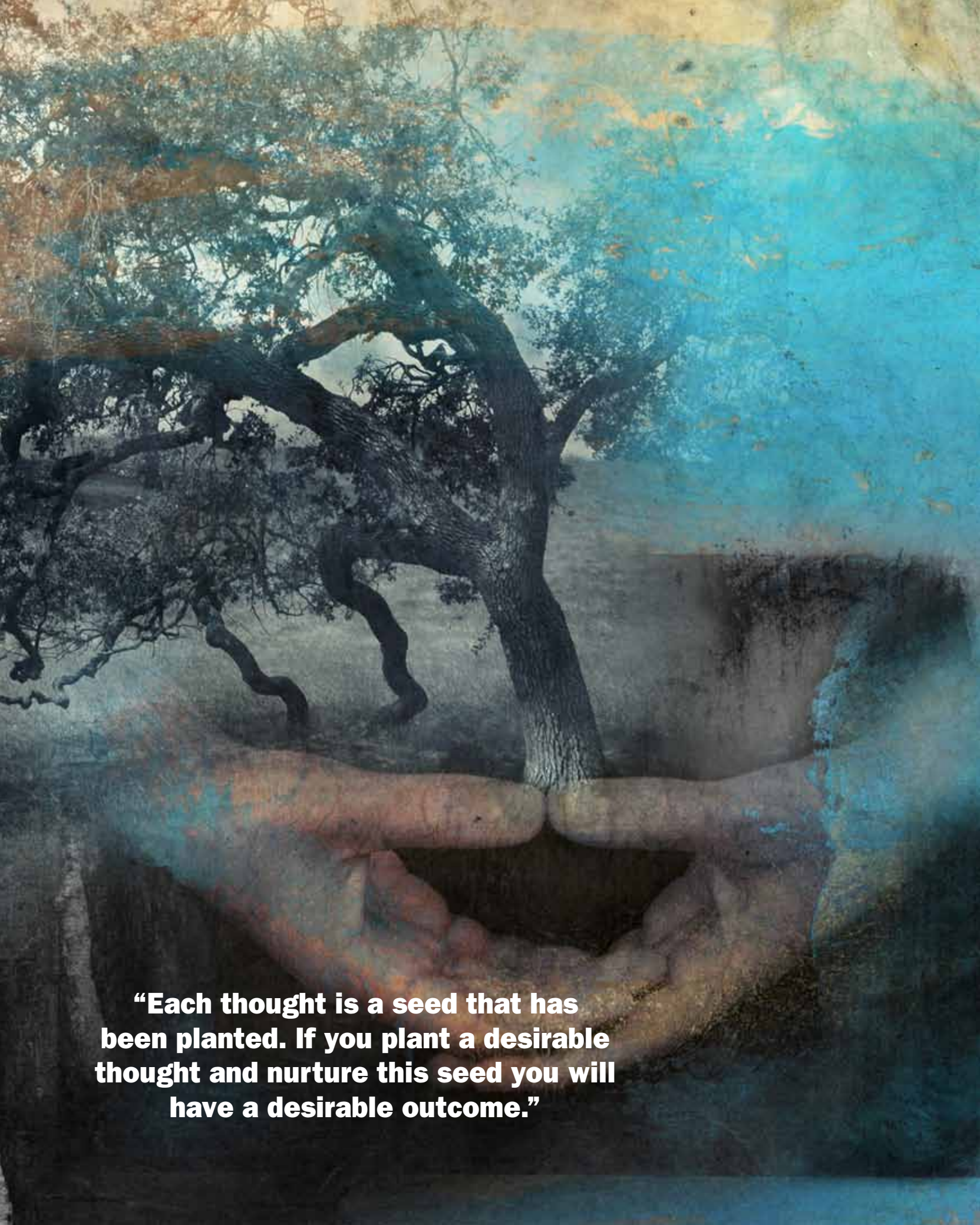
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**“Each thought is a seed that has
been planted. If you plant a desirable
thought and nurture this seed you will
have a desirable outcome.”**

Nutrition and the Law of Attraction

Chances are you have heard the phrase, “Your thoughts create your reality”. But how nutrition fits into this equation is much less well known. Charlie Wilson explores a fascinating subject.

The other week a woman came into my restaurant and gave me some papaya seeds. She said someone had given some to her years ago that she planted, and now, these were the seeds from one of her papayas. It was a papaya that originated from Hawaii and was the most flavourful she had ever tried. She thought I might like to plant them and grow my own papaya tree.

For anything to grow, first the seeds need to be planted and then cultivated. They need the right environment, the right soil, the right amount of water and then as they break through the earth, they need the right amount of sunlight. Without proper cultivation these seeds will not be able to grow into the beautiful and bountiful trees they are capable of becoming.

In the same way, we need to cultivate the garden of our mind. Each thought is a seed that has been planted. Sometimes we plant these thoughts but forget to water them and nurture them so they lie dormant, but for those thoughts we tend to on a daily basis we will be rewarded and they will grow into exactly what we desire. If you plant a papaya seed and you nurture this seed you will get a papaya tree. If you plant a desirable thought and nurture this thought you will have a desirable outcome. If you plant an undesirable thought and nurture this thought you will have an undesirable outcome. The soil that the seed is planted in doesn't distinguish between the types of seed; it feeds all seeds whether they are desirable or not. It is we who have the choice of what seeds to plant.

This concept, known as “The Law of Attraction” has gained much awareness thanks to movies such as *The Secret*, and prominent figures such as Oprah Winfrey talking about it. The Law of Attraction says, “That which is like unto itself is drawn”. Therefore, the seed or thought that we plant and carefully cultivate is what we bring into our lives. The world outside is simply a reflection of the world within. What we think and feel is what we attract into our lives. Consider the words of Charles Haanel, regarded by many as the father of the personal development movement: “*There is a world within – a world of thought and feeling and power; of light and life and beauty and, although invisible, its forces are mighty.*” This world within is what creates the papaya tree and what creates our lives.

On a personal level, The Law of Attraction is something I have become really conscious of over the last three years. Looking back over my life I can see that on an unconscious level I have always lived my life, as we all do, in accordance with the Law of Attraction. I just wasn't aware I was doing it. My family always used to call me lucky as more often than not I landed on my feet and got what I wanted. That was because when I set my mind on something –when I planted my seed – I cultivated it so intensely that it always became a reality. This is true of my undesirable experiences as well as my desirable ones. I can see now how I attracted all things and experiences, both good and bad, into my life.

Deliberately using the Law of Attraction to enhance your life takes attention. This means you have to be consciously and deliberately planting seeds or thoughts and constantly cultivating them to consciously create your life.

There is a wealth of material out there about how to do this, but something that is not often discussed when referring to the Law of Attraction is how much easier it becomes with proper diet and nutrition. Many people experience difficulties at the most basic level of all: they either don't know what they truly desire, or have desires which conflict with each other. I know this was the case for me for many years. If you do not have clarity about what you desire, how will you manifest it?

The biggest change for me came when I changed my diet. Removing processed and refined foods and increasing raw and >>

Foods to avoid

- All processed and refined foods.
- Too much sugar, including agave and other natural sugars
- Alcohol
- Caffeine
- Meat and dairy

Foods to include in abundance

- Organic foods
- Local foods
- Raw foods
- Vegetables
- Fruits
- Greens
- Whole grains

living foods – including abundant fruits, greens and vegetables – seemed to clear my whole mind as well as my body. It was as if, without realizing it, I had been living in a fog all my life and suddenly everything was clear again. Thoughts are energy and it felt like this energy was now able to flow freely through my body. My mind felt clear, my thoughts became enlightened, I had a new enthusiasm for life and I could see clearly the direction I wanted to go in.

Bad nutrition creates bad health and in turn bad health creates the wrong vibrations. Thoughtless eating and eating a diet of highly processed and refined foods clogs up our systems. It doesn't allow the energy to flow freely. Just like gravity is always working so too the Law of Attraction is always working. Manifestations from a cloudy mind and unhealthy body can be equally cloudy. It can feel as though you are working away and not accomplishing what you desire; like you are constantly paddling upstream.

The central nervous system – our brain and spinal cord – is what controls our actions and senses. It receives input from sense organs, interprets that information, and generates responses. To allow the Law of Attraction to work in harmony with us we need to have a clear and healthy nervous system. Because raw food is a high-vibration food with a tremendous amount of energy that feeds our cells with vitamins, minerals, enzymes, phytonutrients and electrical energies, it works from a cellular level to rejuvenate our nervous system. This is why people who incorporate raw food into their diet experience a higher state of consciousness.

While I can't claim to be perfect in what I eat, I am extremely conscious of what I put into my body. I do believe that certain foods will block the flow of energy needed to let the Law of Attraction do its work and other foods will increase the flow. Please see the box on the previous page for the foods to avoid and the foods to include.

The Law of Attraction used with the right nourishment and focused thoughts can produce amazing results. My life over the last few years certainly proves that to me. Everything I have asked for and desired has happened. And, as you may have discovered for yourself, sometimes things happen so quickly it seems you have barely put the thought out into the universe before it is in your life!

Just eight months ago I was trying to decide what direction my life was going to go next. I had a very strong underlying feeling that there was something I was supposed to be doing; I just hadn't figured out what it was. I was really focused on finding that thing and put many thoughts and ideas out to the universe. I deliberately focused on each request and consequently had many opportunities to pursue. None felt right until the opportunity came up to move back to Key West, Florida and open my own restaurant. Underneath everything my strongest desire has always been to make a difference in the way people think about food; to take healthy food mainstream. The universe provided me with my opportunity.

From the moment I made the commitment and moved back to Key West, nothing has ever felt more right in my life. Because I was and am focused, eating well and full of complete gratitude, the Law of Attraction began working for me at great speeds. I would write down the people I needed to help with certain things and within days these people were in my life. Within three months the space I took over had been completely gutted, cleaned, painted and refitted. The menu and logo and image had been designed and we were open for business – the goal being to build a concept and customer

“Bad nutrition creates bad health and in turn bad health creates the wrong vibrations.”

experience that has the potential to take healthy food mainstream.

Right now I am sitting in a quiet corner on a Sunday morning finishing this article while observing the farmers' market I created in full flow. Sundays are my favourite day as so much is happening. When I left New York to come to Key West I knew the thing I would miss most was the access to local organic food. I decided I would make it one of my missions to bring a farmers' market to Key West. Now, early every Sunday morning I have a delivery of fresh organic produce from the organic farms just three hours away. By gam the parking lot is bustling with people so grateful that they have the opportunity to buy local organic foods. Until now nothing like this was available and the only organic food came from California and was very limited.

Every day, but especially Sunday, I am grateful for everything I have around me – for the restaurant, the farmers' market, the great staff and of course our customers. Even though these past few months have been physically exhausting, the willingness of people to try new things, the desire people have to eat healthily, their genuine interest in wanting to learn new information from us and of course their enjoyment of the food makes it all worthwhile.

I have my goals and my vision clearly imprinted in my mind and I focus on them every day. While many things can be attracted in a very short space of time there are others that require patience and dedication as they can only be achieved over time. Those are the big goals, and with a lot of commitment they can always be achieved.

By changing your diet and cleansing your body you are clearing the channels and creating the space within to allow the Law of Attraction to work *for* you. When you do this, you give yourself the chance of reaching your very highest potential on all levels – physical, mental, emotional and spiritual. ■



Charlie Wilson

is a whole foods chef and the owner of the Help Yourself restaurant in Key West, Florida.

For more information see helpyourselffoods.com.



“You are likely to get more high-quality, complete protein if you eat a raw plant-based diet than if you eat a standard meat-based one.”

Plant protein and peak performance

Four vegan athletes discuss why plant-based is best when it comes to protein. First up, triathlete Brendan Brazier busts some common myths.

At the age of 15, I made the decision that I wanted to race Ironman triathlons professionally. Aware that stacking the odds of making this happen in my favour would rely heavily on my following a sound nutritional strategy, I began to search for one. Going somewhat against the grain, I decided to experiment with a plant-based diet. As you might imagine, criticism abounded. Until it worked, that is. I raced Ironman triathlons professionally for seven years, all on a vegan diet, and I honestly don't believe I would ever have achieved what I did in this field if it wasn't for the attention I applied to my nutrition programme.

Protein, or lack thereof, is the greatest concern of those who adopt a plant-based diet. Or, perhaps more accurately in many cases, the greatest concern of those who surround that person. Solely thanks to marketing and industry-generated pseudoscience, many people believe that only animal protein is “complete” and that it's therefore superior to plant-based options.

Complete protein is protein that contains all 10 essential amino acids – the amino acids that cannot be made by the body so must be obtained through dietary sources. But in fact there are several complete plant protein sources and it is, in any case, easy to get all of

the essential amino acids by eating a wide variety of plant foods. It's a common misconception that these foods need to be consumed at the same time in order to meet our protein needs.

Raw plant protein also has a number of huge advantages over cooked and/or animal-based protein. First, the protein in raw plant foods is much easier for the body to break down into amino acids, which means less energy required for digestion and more available for other pursuits. And unlike in cooked foods, all of the amino acids are intact. Cooking can cause amino acids to become denatured, rendering them unusable by the body. So the reality is that you are likely to get more high-quality, complete protein if you eat a raw plant-based diet than if you eat a standard meat-based one.

I eat a big salad each day that's full of dark leafy greens. I realize that when most people think of salad, protein is not what comes to mind. But 30% of the calories in spinach, for example, come from protein and although spinach is low in calories, the protein is in the ideal form for the body to utilize, making it a great source.

Another big advantage of raw leafy greens is their pH. The most alkaline foods are those containing chlorophyll – the dark green pigment in many plants. In contrast, animal-based foods tend to ➤➤

“Eating too many acid-forming foods will promote inflammation, reduce immune function and cause calcium to be pulled from the bones.”

be highly acid-forming, as are processed foods. As a general rule, the more that has been done to alter a food from its original state, the more acid-forming it will be; and the less that has been done to alter it, the more alkaline-forming it will be. So it's no surprise, for example, that whey protein isolate – an animal food that is highly processed – is highly acid-forming.

Eating too many acid-forming foods will promote inflammation, reduce immune function and cause calcium to be pulled from the bones in order to keep the blood at its ideal slightly alkaline pH of 7.35 to 7.45. This, of course, leads to lower bone density and, in many cases, osteoporosis. In fact, the over-consumption of acid-forming processed foods and animal-based foods is the real reason that people are contracting osteoporosis at younger ages than ever before in history.

Given that these are the facts about protein, I have to say that the meat and dairy industries have done an impressive job of instilling certain false beliefs into the vast majority of Westerners. Let's now take a look at that by focusing on the dairy industry.

Beginning around a century ago, the dairy industry launched a full-scale public relations and marketing blitz. They had a large budget and they needed one considering the magnitude of what they were about to tackle. Their plan, as diabolical and as implausible as it may sound, was to convince everyone that the milk from another species, designed to be consumed by its newly-born offspring, was a sensible thing for adult human beings to drink.

But they didn't stop there. They set their sights not only on making the drinking of cow's milk seem sensible, but on making it seem essential. Their aim was for cow's milk to be perceived as an elixir that would bestow health, vitality and strong bones on its human consumer. They also set out to make cow's milk synonymous with calcium and protein.

Here we are over a century later and, as we all know, they were successful. They pulled off what was arguably the greatest marketing coup of all-time. Convincing humans that they need to drink another mammal's milk to obtain health is quite a feat. In fact, the dairy industry serves as an inspiration to me. Whenever I'm faced with a challenge that seems insurmountable, I think about what they managed to achieve. Of course when I'm asked what inspires me and I reply “the dairy industry,” I get strange looks. But once explained, it's understood.



Brendan Brazier

is one of only a few professional athletes in the world whose diet is 100 percent plant-based. He's a professional ironman triathlete, the bestselling author of *The Thrive Diet*, and the creator of an award-winning line of whole food nutritional products called Vega. In 2007, *VegNews* magazine named Brendan one of the 25 most fascinating vegetarians. For more information see brendanbrazier.com.

The best sources of protein

By Sarah Best

All raw foods contain protein in a form that's very easy for the body to use, but some foods are an especially rich source. Unlike protein derived from animals, these foods are also loaded with essential vitamins, minerals and phytonutrients.

1 Leafy greens

The modern diet is too high in sugar and chronically low in magnesium. Enter leafy greens to restore balance with their low sugar content and high magnesium levels. They are also loaded with calcium, iron and free-radical-busting antioxidants. Enjoy them in salads, juices and smoothies.

2 Liquid blue-green algae

This complete protein source is best known as a powerful energy enhancer and brain booster. Many who've tried it report increased concentration and mental clarity, as well as enhanced mood. Find a high-quality source of this wild-growing wonder-food and take a tablespoon a day.

3 Nuts and seeds

The best protein source of all in this category is hemp. It is also a very sustainable choice since it requires no pesticides, suppresses weeds, improves soil structure and grows to maturity in just 100 days. Sprouting your nuts and seeds makes the protein extra-easy for your body to absorb and also greatly boosts the nutrient content.

4 Sea vegetables

Ounce for ounce, sea vegetables contain more protein than meat, more calcium than milk, and they're higher in vitamins and minerals than any other food group. They're also a treat to eat, whether you make your own nori rolls or just tear dulse over your salads.

5 Sprouted foods

The ultimate protein, vitamin, mineral, phytonutrient and enzyme supplement. Sprinkle sprouted legumes, grains and seeds on your salads. Juice wheatgrass, or for a potent living elixir that is easier on the palate try sunflower greens with cucumber.

A vegan bodybuilder, dancer and runner share their strategies for plant-based peak performance.

Interviews by Joanna Steven.

Robert Cheeke

In the spring of 2005, this natural bodybuilder became a champion. Robert Cheeke, a vegan activist and athlete raised on an Oregon farm, adopted a plant-based diet when he was 15 years old. Robert maintains his intense mass-building workout regime on a 100% animal-free diet. He is one of the most recognized vegan athletes in the world. His cruelty-free training philosophy and accomplishments have been featured in more than 20 international magazines, 200 websites and in television commercials for VegSeattle and PETA.

“As a vegan bodybuilder, I want to show others that it is possible to gain significant muscle and strength on a vegan diet.”

Robert says:

“We are taught from a young age to believe that the only “good” sources of protein come from animals. It is proven by scores of scientific studies that plant-based sources of protein are easier for the human body to assimilate and plant-based foods do not come with many of the negative health implications associated with a diet rich in animal protein – problems such as high cholesterol, high blood pressure and cardiovascular disease.

As a vegan bodybuilder, I compete in a sport dominated by meat eaters, most of whom scoff at the idea that one could get sufficient protein from plants to be competitive. I do not consume any animal products whatsoever, not even dairy or eggs. Instead, I get as much protein as possible from whole foods, often supplementing with plant-based protein powders to help me meet my target of 1.5g of protein per pound of bodyweight for building muscle mass.

A high-protein diet can be taxing on the liver and kidneys so it is important for bodybuilders to drink a lot of water (I personally drink over a gallon a day) to help the organs process the large amounts of protein. As a vegan bodybuilder, I want to show others that it is possible to gain significant muscle and strength on a vegan diet. A plant-based diet is one of the best things you can do for your health, and for the health of our environment.”

As the co-founder of C-VEG, an Oregon-based vegan group, and a board member of OrganicAthlete and Northwest VEG, Robert’s animal advocacy expands beyond personal convictions



and deep into the global community’s roots. Robert is the president of Vegan Bodybuilding & Fitness, is co-organizer of Portland VegFest, and is currently on an 18-month speaking tour presenting about topics including “Thriving on a plant-based diet” and “Careers in environmental and animal activism”. For more information see veganbodybuilding.com.

Tonya Kay

Professional dance is one of the most challenging sports, requiring athletes to perform at expert levels of flexibility, strength, coordination and emotional fitness in order to entertain their audiences. Having been vegetarian since age 7, and vegan since age 17, Tonya Kay has built her professional dance career entirely on a vegetarian diet.

Six years ago, Kay transitioned from cooked vegan to raw vegan and is thankful for the improved energy and recovery time. She has performed in concert dance companies in New York and Los Angeles, has pushed her body to its limits on tour, and has performed aerial work with Off-Broadway’s stunt show De La Guarda.

Tonya says:

“I’ve heard it all from athletes regarding the cruelty-free diet. ‘But I need protein’, ‘I won’t have enough energy’, ‘I tried that but I felt weak.’ Those excuses are just that: excuses. Excuses are self-imposed limits preventing you from taking a risk, trying something new, and potentially being your greatest yet.

As a professional dancer training 10-25 hours a week, the foods I find most beneficial to my performance are water-rich and protein-rich fruits. My body builds muscle amazingly quickly as a raw vegan athlete, based on activity and a clean diet. I eat more ripe avocados than any other food under the Southern California sun.

Comprised of 74% water by weight, the avocado digests like a fruit, rather than a fat, keeping me sweating clean all day. And with its full spectrum of all 18 amino acids including those elusive essential amino acids, avocados may just be the perfect food. I know that the delight I receive from eating one is not intellectual, but instinctual. Is there any doubt humans were born to eat this food – and a lot of it?” >>



“If you want average results, do what average people do. But if you want extraordinary results...”

Active in the environmental and health communities when not on stage, Tonya recently published the the 68-page ebook *Raw Nutritional Analysis*. Her diet is analyzed for one month to reveal where vegan athletes get their protein. And their calcium. And their iron. And... The book details workout specifics, calorific output, daily menus and gives a complete nutritional analysis. For more information see tonyakay.com and to order the book go to kayosmarket.com.

Tim Van Orden

Over the past three years, Tim Van Orden has transformed himself from a sedentary couch potato, suffering from severe depression and chronic fatigue, into one of the world's fittest 40-year-old athletes. He did this by adopting a simple raw vegan diet. Looking to expand the limits of human possibility, Tim has rewritten the record books in some of the world's most gruelling sports. In September of 2008, Tim shocked the world of skyscraper racing by defending his title at the 75-storey US Bank Tower Stair Climb in Los Angeles. Not only did he best the two most dominant stair climbers in US history, but he smashed the course record in the process.



Tim says:

“The most common question that I get as a raw vegan athlete is, ‘Where do you get your protein?’. At first I would become defensive or annoyed, but I’ve learned to use it as an entry point and an eye opener. Not only are protein requirements grossly exaggerated, but what we are told about the best sources of protein is also quite skewed.

Proteins come in many forms, some better known than others. My favourite of the lesser-known proteins are present in all fresh fruits and vegetables. They go by the name “enzymes”. That’s right – those wonderful enzymes that get so much attention in the world of raw foods for their digestive properties are also made of complex chains of amino acids, i.e. proteins. It is crucial to eat fruits and veggies in an uncooked state to keep these proteins intact and bioavailable.

Due to the abundance of proteins in fresh fruits and veggies, I don’t feel that it’s necessary to consume concentrated forms of plant protein. But if I were to recommend a plant-based protein source to someone I would definitely go with hemp seeds in their whole, natural form.”

Tim is opening the eyes of athletes around the world to the possibility that a simple, raw, plant-based diet can lead to performance and health beyond that which has been previously experienced. In the winter of 2009, The Food Network will for the very first time venture into the world of raw foods, airing a prime-time show that follows Tim and his adventures with the Running Raw Project. For more information see runningraw.com.

So there you have it. Athletes who experiment with plant-based diets consistently report a substantial increase in energy and a dramatic decrease in recovery time. This fact might surprise some skeptics, but once the science is understood it makes perfect sense.

Plant-based proteins are easily absorbed by the body, and when eaten raw, they maintain all of their original living enzymes and nutritional value. They are rich in disease-fighting fibre, minerals, vitamins, chlorophyll and healthy fats and on top of all that, their production has very positive environmental impacts.

Is it any wonder, then, that more and more peak performers are choosing to eschew flesh, eggs and dairy and go plant-based? To quote Tonya Kay, “If you want average results, do what average people do. But if you want extraordinary results...”

Joanna Steven

is a nutritional science enthusiast and co-author of the ebook *Raw Nutritional Analysis*. The book details Tonya Kay’s workouts, calorific output and daily menus for a month, and provides a complete nutritional analysis of her diet. Find out more at kayosmarket.com.

Hormonal havoc

Why the way we live today can disrupt all-important endocrine balance, and what to do about it. By Dale Pinnock



Hormones affect almost every cell, organ and system in our bodies. Although the hormonal – or endocrine – system is a tightly-controlled and stunningly efficient one, many environmental and lifestyle influences can cause things to go awry. In recent years, the number of hormone-related conditions has taken a sharp upturn. This is something that I have noticed in clinical practice, with a huge percentage of my clients presenting with such conditions.

Ever-increasing numbers of people are being diagnosed with cancers of the breast, uterus, ovaries, testicles and prostate gland. We are also seeing ever-higher incidences of feminization of men and masculinization of women. And that's not to mention the whole host of conditions that may at first seem unrelated, but that have an underlying hormonal link.

While there is no one aggravating factor responsible for this sharp incline in hormonally-linked health disorders, there are certainly some leading contributors. The two biggies are environmental oestrogens and stress.

Environmental oestrogens

One group of compounds which has been linked with hormonal disruption is the “xeno-oestrogens”, or synthetic oestrogens. These chemicals, known to leach from plastics (both household and industrial) and pesticides, mimic the effect of oestrogen in the body. Chemically, xeno-oestrogens are the same shape as oestrogen, and they are able to bind to oestrogen receptors on cell surfaces and actually instigate an oestrogenic action.

Oestrogen can affect virtually any tissue throughout the body as it travels around in the general circulation. During the first half of the menstrual cycle, oestrogen is in very high concentrations. Most of this natural oestrogen is carried around the body on

special sex-hormone-binding proteins which help to slow down and regulate the rate of release of oestrogen into tissues, thus keeping a relatively tight rein on its action and the rate at which its effects occur.

However, many xeno-oestrogens are *not* carried on sex-hormone-binding proteins, so can travel around in general circulation and enter tissues in an uncontrolled fashion. As these compounds are petrochemical-derived, they are fat-soluble. This means that they are not readily excreted from the body in the same way that water-soluble compounds are, but instead are stored in areas of the body with high fat concentrations, such as the breasts.

“We are seeing ever-higher incidences of feminization of men and masculinization of women.”

What can we do to avoid our exposure to these hormone disruptors? Xeno-oestrogens have been identified in many common goods such as plastic bottles and cling film. Due to their fat-soluble nature, the biggest no-no is to store anything fat-based in anything plastic. So only accept coconut oils, cacao butter and essential fatty acid supplements of any kind in glass containers. Also, do not wrap any fatty or oily foodstuffs in cling film as this can cause rather rapid contamination.

There are also some steps that we can take to minimize the effects of environmental synthetic oestrogens. The

first is to include fermented soya products. I know this will cause a storm among some people, and that's fine. Fermented soya products such as unpasteurized miso and natto have an abundance of phyto-oestrogens (plant chemicals with the same chemical shape as oestrogen). Thanks to the fermentation process, although not raw they contain abundant enzymes which help the body utilize these compounds. I'd never in a gazillion years recommend nasty processed soya-based junk foods like soya milk and soya cheese. Not only because they are highly toxic trash, but because these foods lack the enzymes their fermented cousins contain.

Now, you may look at the information earlier on in this article and think, “Why on earth would I want to consume oestrogen-like compounds when they cause such chaos?” Well, thousands of pieces of research, plus numerous epidemiological studies, have shown that phyto-oestrogens, in moderation, can actually offer a protective action against rogue oestrogens. This seems to be because they have the ability to bind to oestrogen receptors without actually causing any cellular changes to occur. This means far fewer receptors available for either excessive natural oestrogen or rogue xeno-oestrogen to bind to. In hormonally challenging times like the menopause, soya phyto-oestrogens can reduce symptoms via a similar means.

My second recommendation is red clover – another incredibly dense source of phyto-oestrogens and one of the top herbs used to treat oestrogen-related hormonal issues.

Stress

Excessive stress causes a whole assortment of problems, from hormonal cycle irregularities and digestive problems to hair loss and weight gain. It is safe to say that it is impossible to completely avoid >>>

stress in our daily lives. Also, the stress response within the body is by no means a bad thing. It evolved to help increase our chances of survival when faced with grave danger. In the early stages of human evolution there were predators and possible mishaps waiting around every corner. The body is wired to preserve itself and if it perceives any threat to this, it reacts with a “fight or flight” response.

This response involves the release of various hormones, namely cortisol and adrenaline. These hormones cause the pupils of the eye to dilate in order to enhance visual acuity. The heart rate increases, as does the force of heart contraction and the pressure within the blood vessels. These changes within the cardiovascular system increase blood flow to skeletal muscle, thus priming the individual for action. The airways dilate, allowing faster and more efficient movement of air in and out of the lungs. This allows sufficient oxygen for the increased metabolic requirements of skeletal muscles when physical activity is underway.

“Maintaining an even blood sugar will help to reduce the severity of the stress response.”

Meanwhile, the blood vessels that supply digestive and excretory organs (such as the liver and the kidneys) decrease in size so as to reduce the flow of blood to these areas temporarily. This reduces energy expenditure on unnecessary activities. The liver begins to release stored glycogen to create glucose for greater energy production.

Now, these things are all well and good if there is an 8-foot grizzly bear demonstrating its malicious intent and you need to run away from it in order to preserve your life. The excess hormones and glucose will be used up in your retreat. However, today it is unlikely that you will need to run away from dangerous animals. Despite this, the “fight or flight” response still arises. But because we have no need to run or fight, the excess glucose and stress hormones produced remain in circulation for a considerable amount of time.

This results in physical symptoms such as tense muscles, anxiety, palpitations, hypertension, headaches, fatigue and a marked depression of immune function. Individuals suffering from prolonged stress often find themselves suffering from recurrent infections due to this immunodepression. Prolonged stress can also age the body prematurely due to increased oxidative damage, and there are associations between prolonged high levels of the stress hormone cortisol and reduced memory.

De-stress through diet

The B vitamins are probably the single most important element in warding off the ill-effects of stress. They help to regulate almost every response within the nervous system, are involved in neurotransmitter production, and support adrenal function. Severe stress can rapidly deplete your B vitamin stores. This is the time to be extra strict about getting your greens down you. All of the dark leafy green vegetables are bursting with B vitamins – as long as they are consumed raw! Nuts and seeds are another potent source.

Blood sugar balancing is another huge key here. If you find yourself in a lot of stressful situations, then maintaining an even blood sugar will help to reduce the severity of the stress response. Keeping a level blood sugar helps you to keep a level head. The best way to do this is by eating small meals little and often. It is also worthwhile nibbling on some nuts and seeds between meals, as this will tend to slow down the release of glucose into the bloodstream.

Finally, there is an amazing herbal remedy that I feel is an absolute lifesaver for individuals who are under prolonged stress: Siberian ginseng. It is an adaptogenic herb, meaning that it helps the body to adapt to ambiguous challenges. To cut a long story short, one of its main actions in this context is to regulate and almost “cap” the levels of the stress hormones adrenalin and cortisol. It doesn't stop the stress response from occurring, but helps to minimize the physiological impact of it.

These are by no means the only factors at play that are affecting our hormonal levels, but they are some of the most important ones. Our whole modern way of living has sent our bodies into shock mode as they struggle to cope with the onslaught of novel manmade pollutants in our environment, and the effects of prolonged stress. How much more of this will we put ourselves through before we change? ■

There's something in the water

There are a million and one reasons not to drink tap water from a mains supply, but one of the most frightening of these is hormonal contamination. The discovery of this contamination arose when a group of scientists in Colorado began to notice that groups of fish in a local dam were showing both male and female sexual characteristics, and also that a massive proportion of the shoals were female. In the UK, the Environment Agency started reporting signs of gender ambiguity in fish stocks due to high levels of oestrogens in the water in 2002.

Studies the world over have shown that our waterways are becoming contaminated with residues from the birth control pill. This contamination has arisen from hormones entering the water supply via the urine of women using the contraceptive pill. The majority of *obvious* pollutants and contaminants are safely and effectively removed from our drinking water supply. Hormones, however, slip through the net. This is not restricted to rivers and streams. Many of our domestic water supplies have been found to contain traces of these hormones. At this point in time there has been virtually no research into the link between contaminated water and the increase of hormone-related issues, although the drug contamination of drinking water has been an issue since the 1960s.

Dale Pinnock

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Why buy organic?

With a look at standard practices among conventional food producers in the US, Brian Clement and Pam Blue present a compelling case for going organic.

Since our humble beginnings in the late 1950s, the Hippocrates Health Institute has advocated the sole consumption of organic plant-based food. But back then, other than planting and tending your own garden, there were few options for securing such food. Most of the time, carrots and apples were available, but other choices were few and far between. It used to be that our farming and agricultural practices naturally resembled that of our organic practices today, but things really began to change after World War II.

Availability of organic food increased again during the 1960s counter-culture era when many went back to the earth by dropping out, tuning in, and producing non-toxic food. As you know, today organic food is mainstream, and even the big retailers offer a wide selection of non-toxic choices.

All of this is certainly positive and those of us who honour life are blessed by this availability. But we would like to present a number of reasons to completely abandon non-organic food. The health reasons are obvious enough, but there are environmental reasons that may be even more important.

Defining organic

The US Department of Agriculture (USDA) has set forth the following definition of organic food:

“Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.”

Let's use this definition to come to a deeper understanding and appreciation of what it means to support organic food, and let's start with the things we are no longer supporting when we choose organic.

Conventional pesticides

Tests have shown strawberries, apples, tomatoes, potatoes, spinach, peaches, grapes, celery and bell peppers to be among the crops most heavily sprayed. Children, with their lower body weight and higher metabolism, are most vulnerable of all to the effects of pesticides.

It is estimated that 98% of sprayed insecticides and 95% of sprayed herbicides reach a destination other than the target species. For example, a US Geological Survey found that every stream and 90% of the wells sampled contained pesticides. If a crop in bloom is sprayed with pesticides and a honey bee attempts to pollinate it, the

honey bee dies. The USDA believes that pesticides are the cause of one fifth of the instances of Colony Collapse Disorder among honey bees. It is interesting to note that about one-third of the human diet comes from insect-pollinated plants and the honey bee is responsible for 80% of that pollination.

“The USDA believes that pesticides are the cause of one fifth of the instances of Colony Collapse Disorder.”

Artificial fertilizer

Nitrogen, which occurs naturally in the atmosphere, cannot be utilized by life until it is “fixed”. Nitrogen fixation is the process by which nitrogen is taken from its relatively inert molecular form in the atmosphere and converted into nitrogen compounds (such as ammonia, nitrate and nitrogen dioxide).

There are two ways that nitrogen can be fixed naturally. One way is when lightning strikes and the other way is through microorganisms which live in our soil. These microorganisms are found not just in any soil, but soil containing humus. Humus is partially-decomposed organic matter; an ecosystem all of its own which is sometimes referred to as the life force of the soil. Artificial fertilizer has a detrimental effect on humus.

Early in the 20th century, a process was discovered which can chemically fix nitrogen. It's called the Haber-Bosch process, and it utilizes very high temperatures which require a great deal of fossil fuel to attain. Artificial fertilizer was born, but unfortunately it upsets the natural balance of nitrogen in the soil. As a result, much of the nitrogen is not able to be utilized. According to the documentary The Carbon Connection, “Every pound of excess nitrogen applied to the soil by artificial fertilizer destroys 100 pounds of humus.”

Nitrogen fertilizer gets into waterways, which can lead to eutrophication (nutrient loading) and hypoxia (oxygen depletion) of large bodies of water. An example of this lies in the Mississippi Valley Basin, where years of fertilizer-derived nitrogen loading into the watershed from agricultural production have resulted in a hypoxic “dead zone” the size of New Jersey off the Gulf of Mexico. Artificial fertilizer also contains harmful salts which create a dense

layer known as hardpan in the soil, which locks up water and other nutrients. This destroys earthworms and other beneficial microorganisms. According to the book *Topsoil and Civilization*, “Every great nation has risen and fallen according to the quality of its topsoil”. By choosing organic, we are choosing to honour and protect the life force of our soil and all of the activities which take place within it that support life as we know it on our planet.

Sewage sludge

Sewage sludge is a viscous mixture of bacteria and virus-laden organic matter, toxic metals, synthetic organic chemicals and settled solids removed from domestic and industrial waste water. It contains over 60,000 toxic substances and chemical compounds. One of the cheapest ways to handle this sewage sludge is to spread it over our farm fields. In the United States, it is renamed “biosolids” so that its heritage remains obscured. Whatever is in soil ends up in the food that grows in it. By choosing organic, we are guaranteed that the food we are buying was not grown in soil treated with sewage sludge.

Genetically-modified organisms

This technology enables genetic information to cross the species barrier. Genes from one species are inserted into another species – for example, genes from the arctic flounder, which has “antifreeze” properties, may be spliced into a tomato to prevent frost damage. One of the most common practices is splicing chemical pesticides into food crops so they don’t need to be sprayed. Washing or peeling conventional produce will remove a certain amount of the pesticide residues – unless, of course, they are part of the genetic makeup.

Among the newest developments are “pharm crops”: pharmaceutical drugs and vaccines grown on food. Permits have been issued to grow birth control and herpes simplex vaccines on food in the open field. Corn is one of the most common host plants. Most worrying of all, genetically-engineered organisms cannot be recalled or contained after they have been released. Researchers at Purdue University estimate that just 60 genetically-engineered fish released into a wild population of 60,000 fish would lead to the extinction of the wild fish in only 40 generations.

By choosing organic, we are choosing to honour life as it is presented to us and we are guaranteed by organic standards that no genetic modification has taken place. If buying non-organic, the six products to avoid at all costs are: corn and corn products, soy and soy products, rice, wheat, canola oil and cottonseed oil.

Ionizing radiation (irradiation)

This is intended to pasteurize and sterilize food and extend shelf life. Interestingly enough, the impetus for food irradiation has not come from farmers, the developing world, retail grocers or consumers. In the early 1970s, the International Atomic Energy Agency (IAEA), whose mandate is to promote the use of nuclear technology, began to hold seminars on food irradiation.

An IAEA committee decided in 1976 that new chemicals called radiolytic products, which are produced when food is irradiated, do not need to pass tests of toxicity as do other food additives. Irradiation became classified as a process, and only additives require testing, not processes. Irradiation causes substantial formation of free radicals and destruction of vitamins. So although produce may have a long shelf life, it contains very little nourishment, if any. Organic standards guarantee that this process has not been used in any way on the food we are putting into our bodies.

“By choosing organic, we are choosing to honour and protect the life force of our soil.”

A sustainable future

Lastly, let’s look at some of the choices that are being made by organic farmers and why they serve the future of our planet. Crop rotation and cover cropping both enhance soil health. Crop rotation means that different crops are placed side by side, each crop having different strengths and weaknesses. These strengths and weaknesses cause them to utilize different minerals from the soil, meaning the soil doesn’t become as depleted. Some of the crops have roots reaching far down and some reach closer to the surface, so the soil is being utilized from top to bottom. This method reduces pests and pathogens as well. There is great planning and purpose behind which crops should be used in conjunction with which, and also which should be used after which.

With cover cropping (or green manure), legumes like alfalfa, clover, peas, beans and lentils are purposely planted. These legumes have bacteria in their root nodules that have a symbiotic relationship with the microorganisms that fix nitrogen. Given the importance of fixing nitrogen naturally, this is serving all life on the planet. The root systems tend to be quite deep and thus the minerals that are extracted are rich and made available to shallow rooted-plants that are grown afterwards. When these legumes are adolescents, they are ploughed over and their energy and minerals are made available for future growth.

This improves water retention and increases organic matter as well. Cover crops also prevent soil erosion by slowing down the velocity of rain before it contacts the soil surface, preventing soil splash. They also reduce light penetration to weed seeds, which helps to control weeds naturally. Composted manure is used as nourishment. It decomposes slowly, allowing for a natural nitrogen cycle to be maintained. Each teaspoon of compost-rich soil has 600 million to 1 billion good bacteria living in it, whereas each teaspoon of chemically treated soil has 100 good bacteria.

These organic practices foster healthier soil, healthier food and a healthier planet.

The Organic Consumers Association and greenpeople.org have compiled one of the world’s largest directories of green and organic businesses at organicconsumers.org. The UK Organic Directory is at organicliving.ukf.net. ■



Dr. Brian Clement

has directed Hippocrates Health Institute for 30 years. This article was co-written by Pam Blue. Pam is a therapist at the institute’s Oasis Therapy Center, and a living food vegan.

For more information about Hippocrates Health Institute, see hippocratesinst.org





The *real* detox myth

Elaine Bruce explains why we *do* need to detox, despite what scientists have been telling us recently.

Have you read some of the popular (my polite word for uninformed) pronouncements recently “debunking” the idea of detoxing? I don’t know what evidence these commentators have, and suspect they mostly don’t know what they may be doing to their own livers, bowels and arteries!

I, and quite a few other naturopaths, health consultants, and well-researched health journalists, take issue with the misleading suggestion that the concept of detox is nothing but a marketing myth and that we can ignore all the stresses and toxic deposits which gradually build up, because somehow the body will take care of it all.

Of course, a healthy digestive system processes what we eat, sending what we need for energy, tissue repair and immune defences where it’s needed, and getting rid of waste in the form of solids (via the colon), liquids (via the kidneys and the skin), and carbon dioxide (via the lungs).

But how healthy is the average digestive system? Also, even with a strong digestion, are we eating ideally, so that the liver and kidneys don’t have to work too hard (more about the effects of this later)? Moreover, even with an ideal diet and a strong constitution, what about all the other toxins we take in, or manufacture right within our own bodies?

None of us escape pollutants in the air, in water and in food, though we can of course greatly reduce our exposure by avoiding all chemically-produced and processed food. Even then we all live such a multi-layered existence, with far more to accomplish, both in work and play, than anyone did a few short decades ago, that we need to account for a certain amount of stress as well.

But how you *feel* about your life is the key here. It is fine to work enthusiastically all hours for a time on something you care about. But when pressure builds to the point when multitasking, and the excitement of a richly varied lifestyle, change into a frantic race to keep up, and what used to be fun feels more like a chore, this is a timely warning to reduce the load.

Heart, mind and spirit need rest and replenishment just as

much as the body, and if they don’t get it they let you know. The signals are more subtle, and take longer for us to notice, than a straightforward headache after a few drinks, or stomach ache after a bad meal. They also take a bit longer to interpret, but they are just as important.

Slogging grimly through a couple of years in an unrewarding job or unhappy relationship not only changes your outlook on life by chipping away at your positivity; the end result is literally self-poisoning thanks to the chemicals your body produces in response to negative emotions such as anger and resentment.

The long view

This brings me to the importance of looking after yourself *now* – not just for immediate strength and energy, but for long-term stamina, and to be able to avoid all the degenerative diseases which affect so many middle-aged and older people. A lot of them come from overloading those hardworking organs until they become enlarged and worn out.

Eventually, having put all those extra, unwanted by-products of digestion, pollution and stress into every non-life-threatening place available at the time, (blood vessels, joints, fat cells), one of the essential organs of detoxification, (often the liver) becomes completely overwhelmed and packs up. Alternatively, the deposits may get to the point that serious problems (heart disease or arthritis, for example) become obvious in the affected parts.

Actual diseases or disabling conditions are only the end point however; for years before that, imagine the accumulative damage that must have occurred to end up in such a mess. What a waste of the only life we have, and of the body we have to live it with.

But your body is programmed to heal itself. A cut or a graze will heal over; bruises fade as the damaged blood vessels repair and the dead tissue is cleared away; viruses and bacteria are gradually overcome by the immune system; and while energy levels dip during a bout of flu or bronchitis, that is the body’s way of getting you to rest while it prioritizes the healing, or defensive processes.

One of the best ways you can support your body's healing and detoxification processes is by consuming a raw and living foods diet. When you talk to someone who has spent a week or more eating in this way, they usually say, "I never felt so well and energetic; yes I had some detox symptoms, but they didn't last long". And, "I'm planning to continue like this as much as I can".

What is going on here? How do just a few days on superb live nutrition, while not eating anything at all cooked, processed or stimulating, have such an amazing effect? To understand that, you need to understand the three levels at which your organs of elimination can work (which one they *actually* work at, of course, depends on your diet and lifestyle).

- 1** You overeat, are dehydrated, don't get enough antioxidants, sleep, exercise or fresh air and sunlight. This is the way the average person lives. Within a few years, the detoxing processes can't keep up. This shows up in many ways, including frequent headaches, chronic catarrh, slack muscles, digestion problems (especially constipation), back and neck pain, and weight gain. Then the serious problems arise, and they can turn decades of what should be active happy living into a misery of coping with distressing symptoms, and often shorten life itself.
- 2** Day to day, you get rid of most of the wastes you don't need because you are eating sensibly, drinking enough water, exercising regularly and not holding on to negative emotions and thoughts. However, a certain amount of rubbish is gradually building up unseen, and we don't know about this until, "suddenly, out of the blue", there is a stroke, a heart attack, the onset of arthritis, a cancer process, and friends and family say, "S/he was perfectly healthy – never a day's illness".
- 3** You can actively work with your body's fantastic ability to balance itself.

Part of this is a high-level healthy lifestyle, by which I personally mean the living foods programme or a sensible transition towards it. Just choosing to eat raw will take you a long way, and dramatically raise your energy levels, but for the long term you need to understand how your body works, and cooperate with it. This way you keep on top of the nutrition-in-and-toxins-out balance and will prevent toxic build-up in your body. Part of this is taking time for regular detoxing periods, to help the liver in particular.

Remember, if the liver is struggling to break down toxins it isn't as efficient as it should be in carrying out some other really important tasks

- helping to balance blood sugar by providing glycogen to top up low blood sugar levels when needed
- producing bile, which is needed to keep cholesterol under control
- keeping the bowels healthy – an unbalanced bowel system cannot absorb the nutrients we need
- eliminating excess hormones
- storing some essential nutrients, such as vitamins B12, A, E, D and K – the very ones which are hard to take in in sufficient quantity.

When the liver continues to be overworked, fat builds up, and eventually inflammation sets in, which damages the tissues, and causes cirrhosis (i.e., the liver is dying).

So here are some tips for healthy detoxing:

- As mentioned, you can get on top of excess toxic build-up gently and gradually, making living foods a high proportion of your diet, and taking care to get enough exercise and sleep.
- Juice fast just one day a week throughout the year. It doesn't matter if you can't do this every week, but try to do it most weeks.
- Make time each year for several longer juice fasts of up to a week. Good times to be are spring, summer and autumn, while winter is the time to rest and conserve energy, not throw extra challenges at yourself. Remember that detoxing also works at the emotional level too, so it is common to shed a few tears, get cross with yourself, or visit past episodes in dreams.
- The same three seasons are good times to take yourself somewhere you can have all the live foods and juices you need, plus classes and treatments, away from all your usual commitments.
- You can buy herbal detox formulae (herbs and tinctures) and follow the instructions. Make sure you get these from a qualified herbalist, preferably a Master Herbalist, who can answer your questions and recommend the right programme for you. It is not ideal to self-prescribe and then go it alone; it's better to have a person you can talk to and who can keep an eye on you.
- Do a liver flush – it's an essential procedure in the alternative treatment of any serious condition. Contact me at the email address below for a leaflet on this. The gentler version involves citrus juice, olive oil, ginger and garlic and a good herbal detox tea. This can be taken in the morning, followed by live juices and salads for the rest of the day. You can take the liver flush daily for as long as needed, but start with three days and see how you feel.

Take it slow

The gradual approach will bring you longer-lasting results. Extended juice fasting (i.e. for more than a week) is not recommended without expert advice, because it starts off a very deep cleansing process. You will make much more progress, and will stay feeling lighter and cleaner, if you gradually get more live foods into your daily menus, and do the short juice fasts and liver flushes a couple of times a year.

It is worth marking a few days on your calendar in spring and autumn to do these. It is the only way I know to make sure all those unpleasant symptoms caused by failing liver or kidneys can be prevented or minimized, safely and under your own control. Not to mention giving you that bright-eyed, radiant energy which you can see for yourself in long-established raw and living foods practitioners.

Elaine Bruce

is the founder and director of The UK Centre for Living Foods. An experienced naturopath, she has lived and taught the living foods programme for over 25 years. She offers courses, consultations and practitioner training, and is author of the book *Living Foods for Radiant Health*. For more information see LivingFoods.co.uk.

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“Why I opened a raw restaurant”

Alissa Cohen, the owner of Grezzo, one of the world’s top gourmet raw restaurants, is asked this question a lot. Here she explains her reasons – and, it turns out, a desire to make the raw diet more accessible to more people tops the list.

When I first became interested in, and started dabbling with, the raw food diet over 20 years ago, there was really no information at all about it. There was certainly no information on how to stay raw, what to make nor how to live this lifestyle. There were no websites about it, no restaurants and not even many books to be found.

My one book, Ann Wigmore’s *Recipes for a Longer Life*, was my bible. The information was simplistic and the recipes very “earthy crunchy”. Something about this book and the information in it spoke very deeply to me. That was my beginning foray into the world of raw foods.

I began to search out more and more information. Although there was not much to be found, there were some old books

from some prominent health pioneers such as Arnold Ehret, Dr. Norman Walker and Bernard Jensen. I read everything I could and began experimenting. I knew that I needed to make some easy but delicious recipes to be able to actually stay on this diet.

When I first went raw I was eating mostly salads and smoothies or, even more simply, just picking up a piece of fruit when I was hungry. I found myself craving other foods; different flavours and different textures. I knew I was getting bored and needed to invent some interesting meals.

Well, fast-forward 15 years, and I had folders overflowing with recipes for everything from smoothies, salads and soups to pizza, enchiladas and calzones. Desserts were my favourite of course, so there were loads of recipes for sweets such as fudge, banana cream

pie and even pop tarts! My book was already half created! So it was only natural that I would write *Living on Live Food*. With 300 recipes in the back of the book, a shopping guide, a four-week plan and chapter upon chapter of the whats, the hows and the whys of raw food, the book turned into a 600 page, 4½ pound ultimate guide to the raw food lifestyle!

Over the last few years my book, along with my websites, have catapulted me into the limelight. I have appeared on The Today Show and The Tyra Banks Show, among many others, but all along I kept thinking, "Wouldn't a raw food restaurant be the ultimate thing to do?"

Growing up in the restaurant business and knowing what is required to run a successful restaurant is what made me go slow with this venture. But it was always on my mind. I would walk through little neighbourhoods whenever I went to different places and see cute store fronts for rent and think, "Wow, that would make the perfect raw food restaurant!"

I put this off for many years because of other projects and the fear of having a restaurant consume my life. But I began to see, over time, how the raw food movement was gaining popularity. There were numerous books on raw food, new websites popping up daily and even raw restaurants in places where just years before no one had ever even heard of the concept of just eating fruits, vegetables, nuts, seeds and sprouted grains!

I began to see how many people were interested in this way of eating and living and didn't think they had the time to prepare this food. I also saw how, when one person in a relationship went raw and tried to convince the person they were dating or living with to try it, it was a daunting task. I saw how people who went raw struggled to stay raw while travelling.

I began to think of all of the people who were overweight, sick and tired and who really needed this information. I knew that the likelihood of them picking up a raw food book if they didn't know this way of eating even existed was unlikely. Or if they *had* heard of it, that they would think it unlikely that they could actually do it or stay on it. Or, let's be honest, that they would think that it was crazy that people eat this way!

I began to imagine how many people I could reach if I opened a raw food restaurant. I would show them how delicious this food could be! It would reach so many more of the mainstream people who really needed this information. A restaurant would reach people who had never even considered eating this way and in turn it could help so many people discover a new way of eating. A new way of eating that could change their life, and even save their life.

Because I live in a few different places, I've searched out the best restaurants in each area for salads and things that I can eat when I don't have time to prepare food myself. One day, while walking down the street in Boston, I stopped suddenly in front of a small space that was previously a popular Italian restaurant. I knew immediately that this was the perfect place for a raw food restaurant! I think I was also especially hungry and a little grumpy that day that I couldn't just go and get a really good raw food meal prepared for me anywhere in the area!

So enters Grezzo. It means "raw" in Italian and this was in Boston's North End which is known as "Little Italy".

My vision for the food at Grezzo was for it to be on a par with the food served in the most upscale restaurants all over the world. I wanted it to be a work of art but most importantly the food had to taste as good, if not better, than a 5-star, gourmet, cooked food meal. I knew that I wanted to make this a mainstream restaurant and not an "earthy crunchy" café, since that is what many people think of when they think of raw food. My focus was on the people who had no previous raw food knowledge. ➤➤

A sneak peak at Grezzo's menu

Gnocchi Carbonara - house-made dumplings with creamy rawmesan and fresh English peas, pea shoots and crispy eggplant

Lobster Mushroom Fettucini - marinated crimini and lobster mushrooms, Spanish paprika, wilted Swiss chard and pickled garlic chips with saffron cream



Star Anise Crusted Papaya Steak (pictured above) - with creamy dill vermicelli and marinated cucumber and olive salad.

Sugar Pumpkin Ravioli - sugar pumpkin filling with a vanilla-scented turnip wrapper, wilted spinach and coconut curry cream sauce



Land and Sea – locally harvested maitake, yellow oyster, chanterelle and honshimeji mushrooms, with smooth ricotta, dulce and Maine coast kelp

Cheesecake (pictured above) - hazelnut cheese, pecan apricot crust, fresh fruit and lavender, with clove ice cream.

Rich Brownie Sundae - house-made gelato, chocolate truffle sauce and Brazil nut crumble over a rich brownie square.

Spicy Raw Cacao and Hemp Seed Torte á la Mode - with strawberry lemongrass gelato

Here's an easy recipe and one of our favourite drinks at Grezzo!

Virgin Mary

Weekend brunch doesn't seem complete unless Bloody (with sake) or Virgin (without) Marys are included. Here's how to make the non-alcoholic version. Keep a pitcher of this homemade mix in the fridge to enjoy as a savoury breakfast drink or afternoon pick-me-up. It is important to blend the tomatoes separately and quickly so as not to over-process them and lose their bright red colour.

Makes 4 quarts (litres)

- 5 large tomatoes, sliced
- 2 garlic cloves
- 1 carrot, coarsely chopped
- 1 jalapeño, chopped
- 1 shallot, chopped
- 4 celery stalks, coarsely chopped
- 1 red bell pepper, seeds and ribs removed, coarsely chopped
- ½ chopped English cucumber
- ¼ cup lemon juice
- 1 teaspoon pink Himalayan salt or sea salt
- 1 teaspoon black pepper
- 1 teaspoon agave nectar
- 3 jalapeño-stuffed green olives
- ¼ cup nama shoyu
- 3 teaspoons freshly grated horseradish

- 1** Place the tomatoes in a high-speed blender and purée on high, using the tamper as necessary. Pour the puréed tomatoes into a pitcher.
- 2** Now blend the remaining ingredients, then add to the puréed tomatoes and mix.
- 3** To serve, pour into a tall glass, adding ice if desired.

Bloody Marys are traditionally garnished with a tall celery rib for stirring, but a bamboo or metal skewer with some colourful pickled vegetables adds variety. Try mini pickled Brussels sprouts, cauliflower, mushrooms, sea vegetables, olives and folded-over radish or daikon slices.

I know! A little daring opening a restaurant and not gearing it towards the crowd that would normally support it! But my goal was for the meat-and-potato-loving carnivores to love this food so much that without even knowing it, they would begin to eat more and more healthily – all thanks to a gourmet dinner in a fashionable setting.

When I opened Grezzo the response was phenomenal. We had rave reviews in some of the best magazines and newspapers. We won "Best of Boston" and continued to have articles written about us every month. The best part was the customer feedback. At least once a night we would have someone say, "I have eaten at some of the best restaurants in the world and this is some of the best food I've ever had."

We were catering to mainstream people who just wanted good food and to some vegetarians and vegans who wanted a more gourmet, upscale place to eat. These were not raw food eaters – they were not even aware of what this food was and they were not sure what to expect. They would leave the restaurant in amazement and awe, begging for recipes and telling us they would be back every weekend.

I am amazed at how many people I've spoken with in the restaurant tell me it's their first time eating this way and that they loved it and will be back. These same people have come back to tell us that they have lost weight and changed their diets because of eating at Grezzo. We see people bring in spouses and friends who think this is weird or strange only to find out that weeks later they are still eating a raw diet and losing weight and healing themselves!

I can't tell you how exciting this is for me. For years I have been talking to people about the raw food diet and its benefits. I wrote a book to promote this diet, introducing recipes and showing people that there is another way to live. I've been in the media promoting this way of life. Although all of this has had an impact on the lives of many people, I do feel that the opening of more raw food restaurants is possibly *the* single most important thing we can do to promote this way of eating.

I have worked with and counselled too many people who, although they know how good this way of eating is for them and they feel fantastic eating raw food, cannot or will not stay on it. When we're hungry we want to eat. We don't always want to have to make food for ourselves. We also want companionship and a social life. I find that these are the two main reasons people have a hard time staying on this diet.

Now imagine being able to walk down the street to your local raw food restaurant and spend the night with friends enjoying the evening and eating fantastic food! And imagine you can do all of this *and* still feel great the next day; vibrant and alive. If this were the norm, *why wouldn't* you stay raw? ■



Alissa Cohen

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For more info see alissacohen.com and grezzorestaurant.com.

My seven favourite economical health habits

Ani Phyto with strategies that not only save you money but also help save the planet.

If you haven't experimented with a raw vegan diet, one reason may be an assumption that it must be an expensive way to eat. If you base your meals around packaged foods, restaurant foods and produce shipped half way around the world, it will be. But if you choose to eat locally and seasonally and prepare most of your food from scratch, you'll be amazed at how far your money goes.

If you're still eating meat, organic is a must, but be aware that organic meat puts as much of a strain on the planet as it does on your bank account. Go plant-based and you're supporting not only your own health but that of the environment – and saving yourself money into the bargain!

1 Buy local

Local food is fresh, has more flavour and is more nutritious, making it much better value for money. Industrially farmed products are bred for transport rather than taste. Our food travels an average of 1,500 miles from the farm to our table by truck, boat and plane. It takes energy to keep this food cold during transit. This is how soaring oil prices cause surges in our grocery bills.

When food travels long distances, chances increase for a disease-carrying food to spread across the country. In 2006, E. Coli-contaminated spinach from a single region in California made people in 26 states sick.

2 Buy seasonal

Choosing seasonal food encourages traditional agricultural methods, biodiversity and a healthier environment. By buying seasonal, we are not only buying the food when it's at its most affordable, but also when it has the most flavour and nutritional value, so we really do get the biggest bang for our buck.

3 Choose organic

Organic farming benefits the environment by reducing poisonous chemical pollution. Higher prices for organic food are due to more expensive farming practices, tighter government regulations, and lower crop yields. Since organic farmers don't use toxic chemical herbicides or pesticides, it takes more work to control weeds and pests.

Disease is caused by toxins we put in and on our bodies, and eating organic lowers this toxic load. Organic food may be more expensive, but it is an investment in your future health and that of the planet.

4 Shop at farmers' markets

When we shop at a farmers' market, we're supporting the small, local and, ideally, organic farmer. The produce arrives super fresh, straight from the farm, usually picked just a few hours before. You'll notice how much longer this produce keeps, compared with what you'd buy at a regular grocery store. This means less spoilage and less money wasted. Buying direct from farmers also means bulk buying without packaging. This helps us tread lightly on our planet by using fewer resources.

5 Reuse, reuse, reuse

Reusing an item will always place less strain on our wallet and on the planet than recycling. Recycling uses a lot of energy for shipping and manufacturing. Make an effort to reuse whenever possible.

Reuse jars and packaged food containers instead of buying Tupperware or plastic wrap. Reuse bottles to hold flowers and candles for an event. Visit your local thrift store

to find dishes, cutlery, glasses and table covers for a dinner party on a shoestring. And use the blank backside of printed paper as free scrap paper instead of buying a pad you'll tear apart anyway.

6 Walk and carpool

Save money on fuel by walking and riding your bike. It's healthier, and will help you lose unwanted extra pounds. Carpool and take public transit as a fun way to spend more time with people. Here in Los Angeles, folks spend hours each day isolated in their cars, which can cause a feeling of disconnectedness.

7 Spend time in your kitchen

Preparing your own food from scratch will save you a bunch of money, and you might find yourself losing weight and looking and feeling better too. Take snacks and lunch to your workplace. Have fun experimenting in the kitchen. Throw a food-making party where everyone takes home more dishes than they would have made alone.



Ani Phyto

is the author of the internationally acclaimed *Ani's Raw Food Kitchen*. More than a simple recipe book, it is full of Ani's tips

for living a greener lifestyle. Ani is the host of "Ani's Raw Food Kitchen Show", the award-winning uncooking show on YouTube. Watch Ani's videos, view recipes and keep track of her latest projects and events, including her upcoming book and book tour, at aniphyto.com. Her new book, *Ani's Raw Food Desserts*, will be out on 1st May.



A sea vegetable with a difference

Russell James explores the amazing properties of Irish moss, a little-known ingredient that can be used to achieve textures that are not normally possible in raw cuisine.

Irish moss is a seaweed that is found on the Atlantic coasts of North America and Ireland and is, in my opinion, a gift to those of us who love creating amazing raw food. I first came across it at Cafe Gratitude in San Francisco a few years ago and then again in New York at The Plant (since closed) at the end of 2006, but didn't really fully appreciate its potential at that time.

I can only think that experience has been the same for many other people because I can't think of any other reason we don't hear more about it and see it in more recipe books. I think that is about to change.

What makes it such a gift? In terms of its culinary uses it's amazing as a thickener and emulsifier (able to bind fat and water-based ingredients) and can replace nuts in many recipes – just take a look at the variation on my cashew-filled chocolate torte that has now very little nuts in the recipe, thanks to Irish moss. In the following pages, you'll also see it used to make raw tofu, raw "wraps", raw falafel and a raw cream.

Irish moss can look quite different depending on where it's been harvested and at what phase. Make sure you get nice thick moss that has been bleached white in the sun, rather than the darker-coloured variety, as this will allow you to create recipes such as the whipped cream and tofu, both shown here.

The health benefits associated with Irish moss are that which you would normally expect from a seaweed: it's high in minerals and iodine. Plus I've just heard from seaweed expert, Professor Michael Guiry at the Martin Ryan Institute that, "the extract is a potent anti-viral agent and seems to be very effective against the flu virus. It has been patented as a "personal lubricant" with anti-AIDS potential."

How to use it

Irish moss needs to be soaked in room temperature water for 3-5 hours prior to use. When you remove it from the water, rinse it thoroughly (several times if necessary) to remove any debris. Continue rinsing until it no longer turns the rinse water cloudy. Once Irish moss has been soaked it should be treated as a fresh food and kept in the fridge. It will usually last for up to two weeks in this state.

When you are ready to use it you need to create a paste: take one cup of soaked moss and blend in a high-speed blender with two cups of pure water. This may take longer in the blender than you're used to – it'll take over a minute to blend, regardless of how powerful your blender is. Continue until you have a completely smooth consistency with no bits.

This paste is what you'll use for the recipes that follow. If you have any paste left over, you can store it in the fridge for up to seven days.



Teriyaki Tofu

I first saw raw versions of tofu when I was training with raw chef Matthew Kenney in New York. His version made it into his book, *Everyday Raw*. This is my variation which works really well on a big green salad.

For the sauce/marinade

- ¼ cup tamari
- 3 soft dates
- 2 tablespoons olive oil
- 2 teaspoons lime juice
- 1 clove garlic
- 1cm cube fresh ginger
- 1 spring (green) onion

Blend all ingredients in a high-speed blender, transfer to a bowl and set aside.

For the tofu

- 2 cups cashews, soaked 2 hours or more
- 1 cup Irish moss paste
- ¼ cup water
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- 1 tablespoon light miso

- 1** Blend all ingredients in a high-speed blender until smooth.
- 2** Pour into a plastic wrap lined container.
- 3** Transfer the container to the fridge and leave to set.
- 4** Remove from the fridge, lift out of the container and transfer to a chopping board. Cut into 1cm to 2cm cubes.
- 5** Marinate the cubes in the sauce for at least two hours and ideally overnight, in the fridge.
- 6** Serve the cubes with a drizzle of the sauce. This recipe works great on salads with a tahini dressing.



Falafel and Hummus Wrap with “Roasted” Mediterranean Vegetables

Irish moss is perfect for creating wraps as it is so pliable in this form. Using the moss has allowed me to halve the amount of flax used in the recipe so it's not such a prominent taste.

For the tortilla

- 2-3 medium courgettes (zucchini), peeled and chopped
- 3 tablespoons olive oil
- 2 teaspoons lemon juice
- pinch cayenne
- 2 teaspoons ground coriander
- 2 teaspoons cumin
- ½ cup sun-dried tomatoes, soaked two hours or more then rinsed
- ½ teaspoon salt
- ½ cup Irish moss paste
- ¼ cup milled flax seed
- 2 soft dates

- 1 Blend all ingredients in a high-speed blender until smooth.
- 2 Pour mixture onto two dehydrator sheets and spread evenly into a large circle on each.
- 3 Dehydrate for eight hours at 105 degrees F, or until able to peel off the sheet.
- 4 Once the dehydrator sheets are removed, return to the dehydrator for 30-60 minutes, until both sides are dry to the touch but still pliable.

For the falafel

- 1 cup pumpkin seeds
- ¼ cup Irish moss paste
- 2 tablespoons fresh dill, finely chopped
- 1 teaspoon ground coriander
- 2 teaspoons cumin
- 8 sun-dried tomato halves, soaked and chopped
- 3 tablespoons fresh coriander (cilantro)
- 1 clove garlic
- 2 shallots
- ¼ cup olives, stones removed
- 2 teaspoons oregano
- pinch cayenne
- pinch pepper
- ½ teaspoon salt
- 1 tablespoon lemon juice

- 1 Process all ingredients in a food processor until thoroughly mixed.
- 2 Form into falafel and dehydrate on a Paraflexx sheet for 6-8 hours at 105 degrees F.

For the hummus

- ½ cup macadamia nuts
- 1 tablespoon Irish moss paste
- 3 tablespoons lemon juice
- 3 tablespoons tahini
- ¼ teaspoon salt
- ¼ cup water

Blend all ingredients in a high-speed blender until smooth.

“Roasted” Mediterranean vegetables (optional)

- ½ a medium courgette (zucchini), sliced
- 1 red bell pepper, sliced thin
- 1 yellow bell pepper, sliced thin
- ½ a medium red onion, sliced
- ½ cup fresh tomatoes, sliced
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon salt

- 1 Marinate all ingredients for a couple of hours, then place on a dehydrator sheet and dehydrate at 105 degrees F for 2-3 hours, until soft.
- 2 OR, miss out the marinating and dehydrating part of this recipe to save time, and eat the veg crispy.

To assemble

- 1 Start out with your tortilla on a flat surface.
- 2 Arrange a selection of your favourite salad leaves at the bottom of the tortilla, so they cover half the tortilla, leaving a small gap at the bottom.
- 3 Arrange the vegetables in a line along the salad leaves.
- 4 Place 3-4 falafels along the top of the vegetables.
- 5 On top of the falafels, spoon over a generous helping of the hummus.
- 6 Fold up the left and right hand sides of the tortilla.
- 7 Then bring the bottom of the tortilla up over the two sides that have already been folded up.
- 8 Using your thumbs, and keeping the sides and bottom rolled up, roll over the main part of the wrap towards the top so it starts to form the wrap and keep everything tightly packed together.
- 9 Once completely rolled, cut at a diagonal with a sharp knife.
- 10 If you find the tortilla unravelling just use some cocktail sticks or a wooden kebab skewer cut in half to hold the halves together.





Chocolate Torte with Whipped Cashew Cream

For the base

- ½ cup cashews
- ½ cup pecans
- 1 tablespoon coconut oil
- 1 tablespoon melted cacao butter
- 1 teaspoon agave
- 1 teaspoon lemon juice

- 1 Pulse all ingredients in a food processor until they bind.
- 2 Press into a 9" springform cake pan and place in the fridge to set.

For the filling

- 3 cups Irish moss paste
- 1 cup cacao powder
- 1½ cups grated or chopped cacao butter which has then been melted
- 1 cup water
- 1 tablespoon lemon juice
- ½ teaspoon tamari
- 1 teaspoon vanilla extract

- 1 Blend all ingredients in a high-speed blender until smooth and pour on top of the base.
- 2 Leave in the fridge to set.

Chef's tip: Add four drops of food-grade peppermint oil to the filling mixture for a mint chocolate variation.

For the cream topping

- 1 cup cashews, soaked for two hours or more
- ½ cup water
- 3 tablespoons Irish moss paste
- ½ teaspoon vanilla extract
- ¼ cup agave nectar
- 1 teaspoon lemon juice
- pinch salt
- 1 tablespoon macadamia oil (optional)

- 1 Blend all ingredients in a high-speed blender until smooth.
- 2 Serve with chocolate torte and fresh berries.



Russell James

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Secrets of a raw culinary artist

The art of presentation and why food should be a feast for the eyes as well as the palate by Cherie Soria.



Apples and Walnuts on Baby Greens
taken from *The Raw Food Revolution Diet*, by Cherie Soria

Several factors influence our desire for and satisfaction with food, including our memories and expectations, and also the flavours, textures and appearance of the food. In fact, appearance is as important as flavour if we wish to maintain a healthy raw vegan diet over the long term.

The aesthetics of food, including colour, pattern, surface texture and design, affect our emotions, appetite and overall sense of enjoyment. Presentation – the art of arranging and garnishing food on the plate – plays a large part in our dining experience, influencing even how we perceive taste.

Great chefs and savvy manufacturers take advantage of the visual element of foods when they create dishes to arouse the desired emotions in their customers. Although flavour and texture are the final determinants of quality, food must look appealing even before we smell, touch or taste it.

One of the things we most enjoy about dining at a nice restaurant is that moment when our food first arrives – beautifully plated and garnished. We gaze at the chef's creation and can't wait to try it! Truthfully, even the simplest food preparation can appear extraordinary if the food is thoughtfully presented. The shape of the plates, for example, can add to the excitement and overall enjoyment of the meal.

Aside from the obvious benefits of creating visually-appealing foods, plating can also help make health-promoting foods more appetizing and likely to be tasted. Even children respond favourably to foods that incorporate colour and aesthetics. Using calculated plating methods, a chef can reduce serving sizes, and especially the amount of calorie-dense foods, without the diner realizing it. This makes presentation important, whether we want to increase or decrease food consumption, while making the experience of eating raw vegan food entertaining as well as nourishing. Making meals as beautiful as possible is well worth the extra effort.

At Living Light, we teach students the two elements of presentation known as plating and garnishing. Even students who have no intention of becoming professional chefs enjoy learning how to make food look beautiful!

Plating food refers to placing it on a plate in the most appealing manner possible, while garnishing includes decorating the food with comestibles including flowers, sprigs and sprinkles of herbs, and artistically cut fruits and vegetables. In other words, making food into "edible art." To follow are some presentation tips for making foods both appealing and nourishing.

Perfect presentation



Plating

Vary textures Plan your menu to provide contrasts in texture that emphasize the uniqueness of each food.

Heed the seasons Local, fresh produce tends to fall into both culinary and visual harmony, so choose foods that complement each other seasonally.

Think of the plate as a canvas Keep in mind space, balance, colour, design and flow.

Size matters Using plates that have a small basin for holding the food but a large rim makes the serving appear larger than it actually is. Match portion sizes and plates. Too small a plate creates an overcrowded, messy appearance; too large a plate may make the portions look skimpy.

Create a focal point Keep the centre of attention on the main dish and consider everything else part of the supporting cast.

Portion foods appropriately Strategically place high-calorie foods on top of greens or other low-calorie foods to make them appear more abundant. Serve enough food to satisfy, without encouraging overconsumption.

Colour influences consumption Darker-coloured plates reduce the amount of food we eat, while white plates increase it.

Expand the focus Drizzle sauce on the rim to visually expand the portion without actually increasing the calories.

Colour is key Make sure the plate contains at least three complementary colours. Try not to place similarly-coloured foods next to each other.

Balance is essential Place colours and textures in such a way as to display variety.

Use design features Sprinkle the plate with smoked paprika or your own dehydrated vegetable powders to add colour and visual appeal. Other ideas include black sesame seeds, diced vegetable confetti, or flavoured chopped nuts. Lightly dot the empty space with a flavoured oil, drizzle it with a thin sauce, or paint it with a thicker sauce – then drag a toothpick through the liquid to create a striking effect.

Simplicity is beauty Keep design features sparse, not cluttered.

Shape up Use a variety of forms and shapes – some round, others elongated, cubed, triangular, etc.

Consider architecture Add variations in height by stacking foods on top of each other, or leaning one thing against another, or topping with marinated savoury fruit or vegetable kebabs.

Build layers of flavour Use sauces or marinated vegetables under the main item, and/or top it with foods of contrasting flavour, like spicy radish sprouts or candied nuts.

Reveal the essence Never smother the beauty of foods by pouring thick sauces and dressings over the top. Instead, set the main item on top of the sauce.

Positively use negative space Allow some empty space on the plate, both to highlight the individuality of each dish and to keep the flavours separate.

Garnishing

Make it edible Garnishes should always add to the meal.

Add flavour Garnishes can be used to complement the flavour or texture of the foods on the plate. For example, capers are a great garnish for faux salmon; sweet chilli sauce is delicious drizzled near coconut noodles.

Make it colourful Employ contrasting hues, ideally using ingredients found in the dish itself. This is the most sensible, because you know you can't go wrong with matching flavours.

Add shapes Cut vegetables for garnishes into different shapes to add interest. Try small dices, rounds and sticks, or use attractive small vegetable cutters and other kitchen gadgets to form little flowers, stars, ribbons and the like.

Add texture Fill in textural contrasts where they are lacking. Pair creamy with crispy. Crunchy seasoned nuts and/or colourful bits of fruits like pomegranate seeds or raspberries provide an appealing garnish for a salad of bitter greens. Top a paté with a flax shard (cracker) to give it height and contrasting texture.

Use fresh herbs Add instant visual interest, colour, fragrance and flavour with herbs, but make sure they are mild and add to the overall flavour. A large sprig of oregano will ruin the palate for other foods if it is accidentally eaten, whereas a sprig or sprinkle of mint, basil or dill might be very good.

Wrap it up Use lightly blanched leeks or chives to tie up bundles of colourful little morsels.

Soup it up Add croutons, salsa, drizzles or swirls of flavoured oils, or dollops of pesto, coconut yogurt or savoury nut cream to make lovely garnishes for soup. They will contribute contrast, colour and flavour to the dish.

Try different schemes Vary your garnishes, rather than making the same one your signature every time.

Bottom line Make a point of adding some form of a garnish to every dish, even if it is only for you. Present the dish in a way that best accentuates the natural beauty and patterns but doesn't disrupt the food itself. And take care that the flavour of decorative edibles does not overpower the food.

Look at plating and garnishing as something that requires very little extra effort, but is a sign of the love you put into the food. After all, love is the most important ingredient of all.

Here are a few garnishes to add texture and colour to your edible art.

Sweet Chilli Sauce

Yield: 2 cups

This is a delicious drizzle to add contrast and colour to delicate foods like coconut or zucchini noodles.

- 1½ cups dehydrated large red chillies, seeded and soaked for 1 hour
- 1 cup red bell pepper, seeded and chopped
- ½ cup agave syrup
- ½ cup lemon juice
- 4 teaspoons unpasteurized tamari
- 1 tablespoon onion powder
- 1 tablespoon dulse powder
- 3-4 cloves garlic
- 1½ tablespoons ginger root, finely grated
- ½ teaspoon Himalayan crystal salt

- 1 Blend ingredients until smooth.
- 2 Store in a sealed glass jar in the refrigerator for up to a week.

Candied Pecans

Yield: 1 cup

Sweet, glazed nuts add a great textural element to salads of bitter greens.

- ½ cup maple syrup
- 1 teaspoon cinnamon
- pinch nutmeg
- 1 cup pecan halves, soaked then dehydrated

- 1 Mix together syrup, cinnamon and nutmeg.
- 2 Toss the pecan halves with the mixture and dehydrate on a non-stick sheet at 105 degrees for 12 hours.

Seasoned Cashews

Yield: 1 kilo (2 pounds)

Not overly crunchy, but firm and beautiful, seasoned cashews add flavour and textural contrast to foods like noodles and salads.

- 1 Kilo (2 pounds) cashews
- 110g (4 ounces) tamari
- 1 ½ tablespoons onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne

Combine ingredients and dehydrate on a non-stick sheet at 105 degrees for 6 hours, until crisp.



Basil Oil

Yield: 1/2 cup

Flavoured oils are perfect to add in droplets that use negative space positively! Also try pumpkin oil, garlic oil, truffle oil and lemon oil.

- 1 cup (packed) fresh basil leaves
- ½ cup olive oil
- ½ teaspoon salt

Put ingredients in a blender and purée until smooth. Let stand at room temperature for 30 minutes before using. Store in a glass jar in the refrigerator for up to a month.

Cashew Dill Sauce

Yield: 1 cup

A dollop of thick, savoury cream sauce adds dimensional contrast to soups and can stand on its own in a plated design. Use squeeze bottles for detailed, artistic portioning.

- ¾ cup cashews, soaked for 3-4 hours in water, rinsed and drained
- ½ cup water, plus additional water to thin as needed
- 1 teaspoon nutritional yeast (optional)
- 1 teaspoon light miso
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon Himalayan crystal salt
- pinch nutmeg
- pinch white or black pepper
- 1 tablespoon minced fresh dill weed

- 1 Put the soaked cashews in a blender with water to cover, and blend until smooth. Add the remaining ingredients, except for the minced dill, and blend until smooth and creamy, adding small amounts of water if necessary.
- 2 Add the minced dill and pulse briefly to mix.



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The spears of spring

Asparagus is in season from April to June.
Brigitte Mars has tips for enjoying it in its prime.

The word asparagus is derived from *asparag*, a Persian word meaning “tender shoots, eaten while young”. Asparagus is at its best in spring and is delightful in salads, in soups, or as an addition to vegetable dishes. The fresh young shoots are rich in beta-carotene, vitamins B, C and E, and the minerals iodine, potassium and zinc.

When choosing asparagus, look for bright green spears with compact tops. Avoid the overly thin or thick, which are more likely to be stringy. Also avoid stems that are discoloured, scarred or turning slimy at the tips. The shorter the journey between field and plate, the better asparagus tastes because the sugars in it start to turn to starch once it’s picked. It is at its very best only if eaten within 24 hours of picking, so get it locally if you can. Oh, and did I mention that asparagus has long been used as an aphrodisiac, perhaps because of its phallic shape and ability to increase activity in the genito-urinary system? So if you’re wondering what to serve that special someone.....

Asparagus Cream Soup

This soup makes an excellent springtime meal.

- 3 cups finely-chopped asparagus (remove tough bottom portion first)
- 2 cups water
- ½ cup pine nuts
- ½ red bell pepper, finely chopped
- ½ teaspoon Celtic sea salt
- ¼ teaspoon freshly ground nutmeg (optional)

Place the chopped asparagus and red pepper in a large bowl. Purée the remaining ingredients in the food processor. Pour over the asparagus and red pepper and serve. Voila!

Asparagus Salad

How can something this simple taste this gorgeous?

- 2 cups chopped asparagus
- 3 tablespoons extra virgin olive oil
- Juice of 1 lemon
- ¼ teaspoon Celtic sea salt

Toss together and enjoy.

Asparagus Quiche

Lovely enough to serve special guests!

Crust

- 1 cup walnuts, soaked overnight
- 1 cup flax seeds
- ¼ cup extra virgin olive oil

Let food be thy medicine

Asparagus is an effective diuretic, due to the presence of the alkaloid asparagine. The asparagine helps dissolve uric and oxalic acids, making it an excellent food for those with arthritis. It affects the kidneys and can reduce oedema and kidney stones. Asparagus is widely used in herbal medicine; for example, it can treat hypertension, cool fever, increase mothers’ milk, increase vitality, inhibit tumour growth and clear dark circles under the eyes.

Fun facts

- Roman emperors were so fond of asparagus that they kept a special “asparagus fleet” for the purpose of shipping it in.
- Asparagus can grow up to 10 inches in a single day.
- The Ayurvedic name for asparagus, *shatavari*, means “She who has one hundred husbands”.

- 1 teaspoon Celtic sea salt
- 1 small red onion, finely chopped

Purée the walnuts, oil and salt in a food processor or blender, adding a bit of water if needed. Then stir in the flax seeds and chopped onion and dehydrate in a big round on a Paraflexx sheet, turning when done on one side (and removing the sheet). When turned, add the filling to the side that is still wet, spreading evenly.

Filling

- ½ cup pine nuts
- ¼ cup water
- 2 tablespoons nutritional yeast (optional)
- ½ teaspoon Celtic sea salt
- 2 cups chopped asparagus
- 1 tablespoon paprika

Blend the pine nuts, water, salt and nutritional yeast (if using) in a blender. Stir in the chopped asparagus and spread the mixture evenly on top of the crust. Sprinkle with paprika. Continue dehydrating for another six hours or so.



Brigitte Mars

is a nutritional consultant and a professional member of the American Herbalists Guild. She is a professor at Naropa University and the author of the books *Rawsome!*, *Beauty by Nature*, and *The Desktop Guide to Herbal Medicine*. For more information see BrigitteMars.com.

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A Day In The Life Of... Kate Magic

Kate Magic, formerly known as Kate Wood, is the author of the best-selling raw recipe books *Raw Living*, *Eat Smart*, *Eat Raw* and *Raw Magic*. She is one of the UK's best-known raw food promoters and has been following a high-raw diet for 16 years and writing and speaking on the subject for most of that time. She also runs the Raw Living website, which offers information and an online store, and is the creator of the Raw Living range of chocolate bars and cakes.

My day revolves around my three sons: Zachary aged 5, Ethan aged 9 and Reuben aged 11. As any parent will tell you, everything takes twice as long when children are involved, and when you have three, everything seems to take three times as long! I used to find this frustrating, but over the years I've come to appreciate the leisurely meanderings of our day. This, for me, is one of the main benefits of being a raw foodist: I can be there all day for them, and still have plenty of energy to squeeze my own life in as well.

Currently, Zachary attends nursery in the afternoons, I am home-schooling Ethan and my eldest son, Reuben, is at the Brighton Steiner School. He gets himself up and leaves the house at 8am. I have always been a night owl, never an early riser, and find I am much more productive and efficient if I go with that rhythm. So the rest of us usually get up at about roam.

The other two boys have their breakfast while I shower and apply rainbow outfits and sparkly make-up. I always have a cold shower – every morning since 1993. Their favourite breakfast is “Breakfast” – a dehydrated loaf made with sprouted wheat or spelt and served with “Spreadfast” – raw chocolate spread. They also love raw oats that have been soaked overnight then mixed with superfoods, Buckwheaties cereal (buckwheat that's sprouted, then dehydrated), or flax crackers with chocolate spread. For me it's enzymes, DHA and vitamin D along with a litre of reishi tea or chia milk.

It's rarely much before midday before we've had breakfast, got dressed, cleaned our teeth, tidied our things away, done our jobs and picked our angel cards. Ethan and Zachary will do some drawing or colouring-in until 12.30, when it's time to take Zachary to nursery. While they are doing that, I'm making phone calls, answering emails, opening post – all the usual admin jobs of life. Before we go, they'll have a snack – such as a piece of seasonal fruit or a flapjack made in the dehydrator.

They cycle to nursery while I run behind them. We drop Zachary off, and on the way back, stop at the Guarana Bar for my wheatgrass shot – yum! One of the many things I love about living in Brighton is that even if I'm only out for ten minutes, I'm guaranteed to bump into more than one beautiful being and enjoy a quick chat and a hug. It really makes me feel part of a community – one that I'm happy and proud to belong to.

“I'm guaranteed to bump into more than one beautiful being and enjoy a quick chat and a hug.”

So Ethan and I are back home around 1.30 for lunch. We all have slightly different tastes but the staples are the same: sea vegetables, flax crackers, green vegetables and sprouts. Ethan's favourite is probably a big bowl of sea spaghetti. Reuben would eat 10 avocados a day if I let him. Zachary takes his green juice to nursery. My main addictions are flax crackers and nori rolls. We are liberal with our hemp and flax oil, take lecithin with every meal, always add ionic minerals, and eat tons of my “Greener Grass” blend made with spirulina, barleygrass and other greens.

In the afternoon, I work alongside Ethan. He does his spelling, maths or some drawing, while I'm doing more emailing and phone-calling and organizing, checking his work in between. Reuben gets back at 4pm, wanting a smoothie. Ethan might want some cake or trail mix. For me, it's cake or raw chocolate, and I'll also be drinking more tea or milk.

Sometimes our afternoons just pass like that, but often we've got something else to do. Maybe I'm being interviewed, or maybe I'm doing the interviewing. I've just finished writing my fifth book, 88 – The Untold Story of a Revolution. It's about the original acid house scene in London, and I interviewed 88 people for it. I might be coaching someone over the phone, writing an article or working on my website. Often I need an afternoon running errands around town, doing bits of shopping. I try to make a solid hour for Ethan at least twice a week – we'll go down to the seafront or to the museum or do yoga together.

5.30 is time to pick Zachary up. I squeeze in half an hour of yoga and meditation before tea. I also swim a couple of times a week, and do a couple of full yoga sessions if I can. Dinner is a variation on the same themes as lunch. For me it's also a litre of green juice. Then it's bath and bed for the boys. I spend an hour with them before bedtime, either individually or together, reading, watching Dr Who on the BBC iPlayer or giving them reiki.

They're in bed by 10, then it's part two of my day. I'll spend a couple of hours on the net, checking Facebook and Myspace, watching clips and reading links that people have sent me. Then around midnight I start work! Writing an article for a magazine, or working on my book, until somewhere between 2am and 4am. Or perhaps I'll have a friend round, or get a babysitter and go out to a club. I love to party, and most of my best friends are night owls too!

For more information about Kate, and the books, recipes and foods mentioned in this article, see rawliving.co.uk.

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